

ADULT CONTEST RECIPE

Swedish Cardamom Bread

INGREDIENTS

¼ cup butter
1 cup milk
½ cup white sugar, granulated
2 ¼ teaspoons or one packet of active dry yeast
3 ½ cups King Arthur Baking All-Purpose flour
½ teaspoon salt
1 ¼ teaspoon ground cardamom
½ tablespoon orange zest
1 egg beaten (reserve 2 teaspoons egg for egg-wash)
2 teaspoons milk
1-2 tablespoon Swedish Pearl sugar



INSTRUCTIONS

1. Melt the butter in a microwave safe container that holds at least 2 cups. Add the milk and sugar, then heat to about 110F. Stir in the yeast.
2. In a large mixing bowl, mix the flour, salt and cardamom.
3. In a small bowl, beat the egg, then remove about 2 teaspoons into a separate container. Mix this smaller portion of egg with 2 teaspoons milk to make an egg wash, then refrigerate until needed.
4. Mix the larger portion of egg, and the orange zest into the milk mixture. Then add to the flour mixture. Beat with a dough hook or knead with your hands until the dough is smooth and elastic. Add additional flour or milk if needed to create a nice dough.
5. Cover the bowl of dough with a damp dish cloth and let rise in a warm place until doubled about 1 – 1 ½ hours.
6. When doubled in size, knead a few times, then divide the dough into thirds and make 3 15-inch- long rolls of dough. On a parchment lined baking sheet, braid these together then tuck in the ends. Preheat the oven to 375 F degrees.
7. Let rise in a warm place until almost double, about 40 minutes. Take the reserved egg wash out of the refrigerator, then whisk briefly. Using a soft brush, brush egg wash lightly over the top and sides of the bread, then sprinkle with Swedish Pearl sugar.
8. Bake at 375 F. degrees for about 20-30 minutes until the loaf is golden brown and sounds hollow when tapped.

Submit on a foil-covered cardboard no larger than one inch from the sides of the bread

Judging Criteria

Overall Appearance	25 points	Flavor	40 points
Following Directions	10 points	Aroma	<u>10 points</u>
Texture	15 points	Total	100 points

The following prizes will be awarded at the **State** contest in November

1st Place: \$40.00	4th Place: \$25.00	7th Place: \$10.00
2nd Place: \$35.00	5th Place: \$15.00	8th Place: \$7.50
3rd Place: \$30.00	6th Place: \$12.50	9th Place: \$5.00
		10th Place: \$5.00

Honorable Mention Ribbons will also be awarded.

King Arthur Flour is sponsoring ribbons and prizes at the Annual State Contest held in November 2025.