

Cinnamon sweet bread



🍷 For a ring mold of 26 cm diameter

Ingredients

180 gr of sourdough (active) | 350 grams of flour "0" | 175 grams of warm milk | 1 egg | 50 g sugar | 50 g butter + 5 g for the mold | 1 pinch of salt | 1 teaspoon of rice malt | 1/8 teaspoon of vanilla extract | 1/2 teaspoon of cinnamon | grated zest of an organic orange | egg white to brush | honey to serve

Method

The night before, please refresh the sourdough, so that it wake up. The next day take 180 gr of sourdough and put in a large bowl, add 175 gr of warm milk and rice malt, so with a fork, dissolve the yeast well until it's without lumps. Add the sugar and mix, add the flour and then the salt and begin mixing with a fork until the flour will have absorbed all the milk. Add the butter softened at room temperature, the egg and mix well. Add the vanilla extract, the cinnamon and the orange grated zest and mix again.

The dough will be soft enough, so continue to work with the hands beating it into the bowl with a movement that goes from the bottom to up, it takes ten minutes at least (it is very tiring, but strengthens the muscles of the arms:-). You can work the dough also on well floured pastry board beating the dough vigorously to allow for stringing. In the first case, let rise in bowl covered with a damp cloth in the second case, form a ball and cut over a cross, cover with a damp cloth and let rise for 3 hours away from drafts.

After this time, deflate the dough to obtain a rectangle, and proceed to the fold. Take one third of the overall rectangle and bend the two sides, left and right, one over the other, turn of 90° and repeat the operation. Cover with the cloth and let rest for one hour.

Take the dough, divide it into 3, form the small loafs and finally form a braid. Butter a ring mold, arrange the braid and fix the ends. Cover and let rest for another 4-5 hours. Brush the sweet bread with a little beaten egg white and 2 tablespoons of water. Bake in preheated oven for 25-30 minutes at 180°. Remove from the oven and let cool on a grid. Serve with honey.