

St. Joseph's Day Decorative Italian Bread

Submitted by Kathleen Macaluso Powers, Nativity Catholic Church



INGREDIENTS:

1. 3-1/2 lbs. flour (Approx. 11-1/2 cups)
2. 1/8 cup sugar
3. 1/2 cup shortening
4. 2-1/4 cups water
5. 1/4 cup warm water
6. 1 tablespoon sugar
7. 1/8 cup dry yeast
8. 1 egg
9. Sesame seeds (optional)



DIRECTIONS

1. Preheat oven to 400 degrees.
2. Mix flour, 1/8 cup sugar, salt, and shortening with water.
3. Dissolve yeast in the warm water and tablespoon of sugar.
4. Pour yeast water into flour mixture and mix well.
5. Knead. Let stand 5 minutes and knead again. Let stand 5 minutes more.
6. Cut and shape dough into various shapes (Joseph's staff, palms, cross, monstrance, saw, ladder, sandals, etc)
7. Place on greased baking sheet and let rise to double in size.
8. Brush entire dough well with beaten egg.
9. Sprinkle with sesame seeds (optional). Bake until golden brown

The yield depends on what decorative shapes are made. This recipe was halved from the original recipe which would have required a commercial mixer using a "baker's hook" and baked in a commercial oven. Cutting the recipe in half enables working the dough by hand.