



Cardamom Braid

Cardamom is the second most expensive spice in the world. It is the seed of the ginger plant and must be snipped from the plant by hand. It is delicious in pastries and is a favorite in Scandinavian countries.

- 1 pkg active dry yeast
- $\frac{3}{4}$ cup milk
- $\frac{1}{4}$ cup butter or margarine
- $\frac{1}{3}$ cup sugar
- 1 egg
- $\frac{1}{2}$ tsp salt
- $\frac{3}{4}$ tsp ground cardamom
- $2\frac{3}{4}$ to 3 cups sifted Stone-Buhr unbleached bread flour

Dissolve yeast in $\frac{1}{2}$ cup of warm milk. Cream the butter and sugar. Beat in the egg. Then add yeast mixture, remaining milk, salt, and cardamom. Gradually mix in the flour to make a moderately soft dough. Turn out onto lightly floured surface; knead till smoother and elastic, 5 to 8 minutes. Place in lightly greased bowl, turning once to grease surface. Cover; let rise till dough has doubled, about $1\frac{1}{4}$ hours. Punch down. Turn out onto lightly floured surface and divide dough into thirds; form into balls. Let rest 10 minutes.

Roll each ball to a 16-inch long rope. Line up the 3 ropes, 1 inch apart, on greased baking sheet. Braid loosely, beginning in the middle and working towards the ends. Pinch ends together and tuck under. Cover; let rise about 40 minutes, till almost double. Brush with a little milk. Sprinkle with 1 tablespoon sugar. Bake in a 375 degree oven for 20 to 25 minutes or until nicely browned. Cool on wire rack. Makes 1 braid.