

## **Estonia Kringel**

An Estonian Kringel is a beautifully braided sweet bread traditionally served during festive occasions. Made from soft yeast dough filled with cinnamon, cardamom, or other warm spices, it's shaped into a twisted wreath that looks as impressive as it tastes. After baking, the Kringel develops a golden crust while remaining tender inside, with its spiralled layers revealing the fragrant filling. It's a centerpiece pastry meant for sharing, symbolizing warmth, celebration, and togetherness.

Preparation time: 45 minutes

Rising time: 1 hour

Baking time 30 minutes

Skill level: moderate

### *Ingredients for the dough:*

1/4 cup lukewarm water 1/4 cup lukewarm milk 1 egg yolk 1 tbsp olive oil 1/2 tbsp honey 1 1/2 flour 1 tsp active dry yeast 1 pinch salt

### *Ingredients for the filling:*

1 1/4 tbsp melted butter 1 1/2 tbsp sugar 1 tsp cinnamon powder

### *Preparation*

1. In a bowl beat the egg yolk with milk, water, honey, yeast, and oil.
2. In a different bowl sift the flour, then add the egg and yeast mixture and knead.
3. The dough will be sticky at first but when kneading it will turn soft.
4. Knead for at least 5 minutes.
5. Cover with aluminium foil and leave to rise in a warm place for an hour.
6. Transfer the dough onto a lightly floured work surface and knead it briefly.
7. In a different bowl, mix the ingredients for the filling.
8. Using a rolling pin, roll out the dough into a 1cm thick rectangle.
9. Spread the cinnamon butter mixture evenly over the dough, leaving a 1cm border.
10. Roll dough up, starting lengthwise to form a Swiss roll.
11. Seal edges well by pinching close and slice it in half lengthwise, leaving 5 cm intact.
12. Turn each half cut-side up and carefully plait the halves together, keep the cut-side up to expose the filling.
13. Join both ends to form a round wreath and transfer to a baking tray lined with baking paper.
14. Cover and let rise again for 30 minutes.
15. Brush the bread top with the remaining cinnamon mixture.
16. Preheat the oven to 190° C.
17. Bake for about 20 minutes or until golden brown.
18. Dust with powdered sugar

MIX, STIR & SMILE!