

Sun or Sunflower Bread

For the dough:

about 750 gr. flour, 250 ml. warm milk, 1 stick melted butter, 2 eggs, 11gr dry yeast (1 and a half packets), 2 tea spoons sugar, 1.5 teaspoons salt

Additionally:

1 stick melted butter for between the sheets of dough; 1 yolk + milk, sesame and/or poppy seeds for the top

Preparation:

Mix the yeast with some of the warm milk and let stand till it's foamy. In a bowl, put half of the flour, all the sugar and the salt, make a well in the middle. In the well, add the active yeast, the rest of the milk, the eggs, and the butter. Mix and begin kneading, adding flour as you go until the dough is soft, elastic, but not sticky. Let it rise in a warm place in a bowl covered with a damp cloth until the dough doubles (app. 1 hour).

Split the risen dough in 2 equal parts. Return one part to the bowl and cover the bowl with the cloth. From the other half, make 5 balls equal in size. Roll each ball into a circle, 8-9 inches in diameter. Brush generously with butter over the first circle and cover it with the second. Repeat with the remaining circles.

The fifth (top) circle should be slightly larger, covering all edges. Do not butter the top circle.

Place the so-shaped dough on the bottom of a cake pan (sides removed) covered with baking paper. Make 4 radial cuts in the dough, forming 8 triangles; do not cut all the way to the edges. Your dough should now look like the first photo below. Turn each triangle outwards to form the shape shown on the second photo.



From the remaining half of the dough, set 1/4 aside. Split the remaining 3/4 into 5 balls equal in size and roll each ball into a circle large enough to fit the hole of the previously shaped dough (above). Brush with butter and layer the circles on top of each other, as before. Do not brush the top circle with butter. Put the so-shaped circle in the middle of the previously shaped dough and make 4 new radial cuts, so that the new triangles would be turned over in the spaces between the existing ones, as in the third photo above. Finally, shape the remaining dough into a ball and place it in the middle. Let rise for another 30 min. under a cloth.

Meanwhile, warm up the oven to 360F/180C. Brush the risen bread with some egg-wash made of 1 egg yolk and some milk and sprinkle generously with sesame and/or poppy seeds. To make sunflower bread, sprinkle the inside of the bread with poppy seeds and the outside (the petals) with sesame seeds.

Bake for about 30-35 min. or until a toothpick inserted in the middle comes out clean. Let cool off on a wire rack and covered with clean cloth, so the top stays soft. **Enjoy!**

