



Easter Plait with Ballybrado White Spelt Flour

Ingredients

250ml tepid milk

500g Ballybrado Organic White Spelt Flour

1 sachet instant yeast

50g sugar

100g soft butter

1 egg

Pinch of salt

Lemon zest

To decorate:

1 egg yolk

1 tbsp milk

Almond flakes/chocolate drops/coarse sugar granules

Method

1. Warm milk (not too hot, otherwise the yeast will die)
2. Add all ingredients into bowl, add tepid milk. Knead with hands or dough hook of electric mixer. Leave to rise in a warm place for approx. 45 mins or until double in size
3. Knead dough on lightly floured worktop, cut into 3 portions. Cover and leave to rest for approx. 10 mins

4. Roll out each portion of dough into strands, approx. 30cm long
5. Place strands on lined baking tray and form a plait
6. Cover and leave to rest for approx. 20 mins
7. Mix egg yolk and milk
8. Baste plait with egg yolk and milk and add flaked almonds/chocolate drops/coarse sugar if desired
9. Bake in middle of pre-heated oven at 160°C for approx. 30 - 40 mins
10. Leave to cool on a wire rack
11. Tastes great with salted butter!