

Impi's Coffee Bread (Pulla) – the modernized version

Ingredients (*Makes 1 braided loaf*)

- 2¼ teaspoons (1 packages) active dry yeast
- ¼ cup warm water, 105°- 115°.
- 1 cup milk
- ¾ cup sugar (*to taste*)
- ½ teaspoon salt
- 1 teaspoons ground cardamom (*to taste*) or ¾ teaspoons crushed cardamom seeds
- 3 eggs at room temperature (save 2 tablespoons for the glaze)
- 4-4½ cups unbleached all-purpose flour “*use scoop and sweep method*”
- ½ stick soft/melted butter
- *raisins or other dried fruit* (optional)

Glaze:

- 2 tablespoons egg (use the saved 2 tablespoons from the batter)
- ¼ cup sliced almonds and sugar (*optionally use pearl or Turbinado*)

Directions

1. In a small pan heat the milk to 180°- 185° then add the cardamom, sugar and salt to infuse their flavors into the milk then allow this to cool for about 5 - 10 minutes.
2. In the bowl of a stand mixer, dissolve the yeast in warm water (105°- 115°) with a pinch of sugar.
3. Let stand 5 minutes or so until yeast begins to foam then add 1 tablespoon of flour.
4. When cooled add the milk mix into the yeast mix and mix by hand.
5. Add the eggs and lightly beat by hand.
6. In the stand mixer with a paddle attachment on medium speed add in enough flour to make a batter (about ½ the total).
7. Mix in the melted butter a little at a time and keep beating until the dough is smooth and elastic and looks glossy.
8. Mix in 1 more cup of flour.
9. Let this rest for 15 minutes.
10. Now using a dough hook knead the dough add rest of flour, ½ cup at a time until the dough pulls away from the sides of the bowl and doesn't stick to your hands, 5 minutes.
11. *If kneading by hand turn the dough onto a floured surface and pull it over onto itself a couple of times until you can handle it. Then pull from the far end over itself then push the center of the ball with the palm of your hand. Rotate 90° and repeat. Do this until the dough feels right (up to 5-7 minutes or less).*
12. Add optional dried fruit.

13. Shape the dough into a ball leaving it in the stand mixer bowl then cover it with a tea towel, put it in a warm place (very low heated oven) and let rise until almost doubled, about 1 hour.
14. Turn dough out onto a very lightly oiled and floured board, knead it down and divide into 3 parts.
15. Shape part each into a strip about 16 inches long by rolling the dough between the palms and the board.
16. [Braid](#) 3 strips together into a straight loaf, pinch the edges together, and tuck under.
17. Lift the braided loaf onto a Silpat on a baking sheet.
18. Let rise for about 20 minutes (the braids should be puffy but not doubled in size).
19. Glaze the loaves by brushing with the egg glaze and sprinkle with almonds and/or pearl sugar.
20. Preheat the oven to 400° (*with a pizza stone inside?*).
21. Bake for about 20 to 25 minutes (until the internal temperature is about 200°). Do not overbake or the loaves will be too dry and lose flavor.
22. Remove from the oven when light golden-brown and cool on a wire rack.

Impi Coffeebread – *interpreted from hand a written scrawl as dictated to my cousin*

Starter

1½ cakes of yeast
add to ½ cup of warm water
in a couple of minutes add a couple of Tbsp. of flour to make a soft puuwm
put dish into a pot of quite warm water to rise while you start dough

Dough (*probably for 2 loaves*)

2 cups of milk or water
12 cardamom seeds
1 tsp salt
grind seeds into a fine powder
heat milk and add cardamom powder and salt
let milk cool

1½ cups sugar
4 eggs
beat eggs and set aside 3 tsp for glazing later
slowly add sugar
slowly add milk mix

? cups of flour (bread flour?) (*probably 9 cups*)
Add flour to make a stiff dough
knead dough until (it comes clean?)

2 cubes of margarine - soften to room temperature
add ⅓ of a cube at a time and work it in

Work the dough

let the dough rise to double or more
knead it down
on a lightly floured board cut into 3 pieces
braid pieces cut this to fit pan or make long square flat piece with a rolling pin
put some raisins and butter pieces and sugar
roll, pinch edges to hold
cut with scissors to make a wreath
let this rise to almost double

Bake

wipe with egg
sprinkle with sugar
bake braids just below @ 350° for ½ hour (smaller pieces 20-30 minutes)
After cooling for ½ hour cover with dish towel.

Baking too long loses flavor.