



www.florasprings.com



Flora's Portuguese Sweet Bread

Get yeast started:

1 medium potato (baked and mashed)

3/4 C. warm water (test on inside of wrist for perfect temperature)

2 pkg. yeast dissolve yeast in water and then add potato, salt and sugar:

1/4 tsp salt

1/2 tsp sugar

let yeast rise until it starts to show activity...bubbles.

Scald milk with butter and sugar...stir with wooden spoon so the sugar doesn't stick and burn...let cool:

2 Cubes butter

2 cups milk

3 Cups sugar

Beat with electric mixer:

1 dozen eggs

Add milk mixture alternatively with flour and salt and yeast mixture.

1 T. salt

5lbs flour

Blend everything together and then knead. Let rise 2 hours then punch down and let rise again.

Form into little knots (take a ball of dough about size of golf ball and roll between hands to make a "rope" then form a knot...these are the "little birds" (Mom always called them 'pumbeenish' but I don't know how to spell it!)

Let these little birds rise on cookie sheets and then bake at 350 for about 18 minutes.

Because this is a very sweet bread dough, it is slow rising but also will burn easily so keep an eye on it as it bakes. You can also form the dough into regular bread loaves.