

Sunvil Supper Club

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December 2012 - Italian Panettone



Ingredients

2 1/2 teaspoons dry yeast	GLAZE
1 cup lukewarm milk	1 egg yolk
350g plain flour	1 tablespoon water
1/2 teaspoon salt	
115g unsalted butter (softened)	DUSTING
2 egg yolks	icing sugar
150g sugar	
3 tablespoons candied citrus peel	
70g mixed raisins	
1 pinch grated nutmeg	
Zest of 1 orange	
Zest of 1 lemon	
1 teaspoon vanilla extract	

In a bowl, sprinkle yeast into milk; let stand for 5 minutes; stir to dissolve. Mix the flour and salt in a large bowl; make a well in the middle and add the yeast mixture. Using a wooden spoon bring enough of the flour into the yeast mixture until a soft paste is formed (you won't use all of the flour to make this mix – leave the rest aside for the moment); cover with a towel and let the yeast mix sit until frothy and risen, about 20 minutes. Mix in the flour from the sides of the well to form stiff dough.

Turn the dough onto a lightly floured surface; knead until smooth and elastic, about 10 minutes. Then put dough in a bowl and cover; allow to rise until it has doubled - about 1 hour. Next punch the dough down and rest for 10 minutes.

Grease a round deep cake pan, (approx. 8 inches or 20cm diameter) with softened butter; line the base and sides with baking parchment so that it extends 5 inches / 12cm above the top.

Knead the butter, eggs yolks, sugar, citrus peel, raisins, nutmeg, lemon and orange zests and vanilla extract into the dough until thoroughly combined. Shape the dough into a round loaf; place in prepared mould. Use the tip of a sharp knife and cut an "X" across the top; cover and let rise until doubled (about 2 hours).

Brush the top with the egg glaze that has been mixed well. Bake in a 180 degree centigrade oven for about 45 minutes or until a pick comes out clean. Remove from mould and let cool in the baking paper on a wire rack. Dust top with icing sugar to decorate.

Panettone is one of Italy's most recognisable Christmas exports. Its story, some say, dates back to the time of the Roman Empire, whilst others say was invented for the Pope in the 17th century – the one thing almost everyone agrees on, however, is that it came from the city of Milan, in the very north of the country.

Made from sweetened bread dough, filled with butter, raisins and citrus zests, this bread is probably the most festive loaf out. Exports around the world total over 600 million Euros, but it's simple to make your very own.