

Argentina: Christmas Recipe



Pan Dulce

They say this sweet bread originated in Milan, Italy, and in the 19th century Italian immigrants brought the recipe with them to Argentina. It is a huge part of Christmas in Argentina.

Ingredients

Part 1: Yeast

- 1/2 cup yeast
- 1/3 cup milk (room temperature)
- 1/8 cup flour
- 1 tbsp. sugar

Part 2: Dough

- 2 eggs
- 2/3 cup sugar
- 1 tbsp. malt extract (can substitute molasses or honey if needed)
- 1 tbsp. vanilla extract
- 3 1/2 cup flour
- 1 tsp. salt
- 1/2 stick butter, softened
- 2/3 cup milk

Part 3: Fruits & Nuts

- 1/2 cup chopped walnuts
- 1/2 cup chopped almonds
- 1/2 cup chopped hazelnuts
- 1/2 cup dried cranberries
- 1/2 cup golden raisins
- 1/2 cup candied orange or lemon rinds
- Orange Juice or other liquid, as needed (to rehydrate dried fruit)
- 1/2 cup chocolate chunks
- 1 egg, beaten

Method

- If you don't have a pan dulce mold, line one large or four medium sized cans with parchment paper.
- In a small bowl, dissolve yeast in the milk. Add sugar and flour slowly, and mix well. Cover and let ferment for 10 minutes.
- In a large bowl, combine eggs, sugar, malt extract, vanilla extract, and the yeast mixture and mix well. Add flour a little at a time, then add salt, butter, and milk. Continue mixing until all the dough is smooth.
- Cover and let rise for about 30 minutes. While the dough is rising, roast the nuts in a skillet until they are toasted. Set aside to cool.
- Soak the raisins and dried cranberries in orange juice for 10 to 15 minutes.
- Preheat oven to 325°F.
- Mix the fruit, nuts, and chocolate chunks into the dough (work the dough on a floured counter if needed).
- Divide the dough into equal portions, roll into balls, and place into the molds. Cut an X shape into the top of the dough, and brush the top with egg.
- Bake for 25 to 30 minutes and enjoy.

Recipe adapted from: <https://www.gct.com/community/the-inside-scoop/the-buzz/recipe-argentinian-pan-dulce>