



# Danish Braid

NIBBLEDISH CONTRIBUTOR

## Ingredients

### **DANISH DOUGH** *Makes 2-1/2 pounds dough*

#### **Ingredients**

*For the dough (Detrempe)*

- 1 ounce fresh yeast or 1 tablespoon active dry yeast
- 1/2 cup whole milk
- 1/3 cup sugar
- Zest of 1 orange, finely grated
- 3/4 teaspoon ground cardamom
- 1-1/2 teaspoons vanilla extract
- 1/2 vanilla bean, split and scraped
- 2 large eggs, chilled
- 1/4 cup fresh orange juice
- 3-1/4 cups all-purpose flour
- 1 teaspoon salt

*For the butter block (Beurrage)*

- 1/2 pound (2 sticks) cold unsalted butter
- 1/4 cup all-purpose flour

### **APPLE FILLING**

*Makes enough for two braids*

#### **Ingredients**

- 4 Fuji or other apples, peeled, cored, and cut into 1/4-inch pieces
- 1/2 cup sugar 1 tsp. ground cinnamon
- 1/2 vanilla bean, split and scraped
- 1/4 cup fresh lemon juice
- 4 tablespoons unsalted butter

### **DANISH BRAID**

*Makes enough for 2 large braids*

#### **Ingredients**

- 1 recipe Danish Dough (see above)
- 2 cups apple filling, jam, or preserves (see above)

For the egg wash:

- 1 large egg, plus 1 large egg yolk

#### **Glaze**

- some powdered sugar
- some "Pitu" (alcohol with which you make Caipirinhas)

## Instructions

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So the challenge of the Daring Bakers page for June is Danish Braid. First i thought.. damn... looks very difficult. Never done something like this before... and the whole recipe in english.. \*wooops\*. But ya.. i thought go on and try it! Posting date is today. i started yesterday with making the dough. Refrigerated over night and made the apple-cinnamon filling today! The whole hours i worked with it... it's worth! i love this and will definitely make it with some other fillings like spinach, berries or cocos..

## **DANISH DOUGH**

1. Combine yeast and milk in the bowl of a mixer fitted with the paddle attachment and mix on low speed.
2. Slowly add sugar, orange zest, cardamom, vanilla extract, vanilla seeds, eggs, and orange juice. Mix well.
3. Change to the dough hook and add the salt with the flour, 1 cup at a time, increasing speed to medium as the flour is incorporated.
4. Knead the dough for about 5 minutes, or until smooth. You may need to add a little more flour if it is sticky.
5. Transfer dough to a lightly floured baking sheet and cover with plastic wrap.
6. Refrigerate for 30 minutes.

## **BUTTER BLOCK**

1. Combine butter and flour in the bowl of a mixer fitted with a paddle attachment and beat on medium speed for 1 minute.
2. Scrape down the sides of the bowl and the paddle and then beat for 1 minute more, or until smooth and lump free.
3. Set aside at room temperature.
4. After the detrempe has chilled 30 minutes, turn it out onto a lightly floured surface. Roll the dough into a rectangle approximately 18 x 13 inches and ¼ inch thick. The dough may be sticky, so keep dusting it lightly with flour.
5. Spread the butter evenly over the center and right thirds of the dough.
6. Fold the left edge of the detrempe to the right, covering half of the butter. Fold the right third of the rectangle over the center third. The first turn has now been completed. Mark the dough by poking it with your finger to keep track of your turns, or use a sticky and keep a tally. Place the dough on a baking sheet, wrap it in plastic wrap, and refrigerate for 30 minutes.
7. Place the dough lengthwise on a floured work surface. The open ends should be to your right and left. Roll the dough into another approximately 13 x 18 inch, ¼-inch-thick rectangle. Again, fold the left third of the rectangle over the center third and the right third over the center third. No additional butter will be added as it is already in the dough. The second turn has now been completed. Refrigerate the dough for 30 minutes.
8. Roll out, turn, and refrigerate the dough two more times, for a total of four single turns. Make sure you are keeping track of your turns. Refrigerate the dough after the final turn for at least 5 hours or overnight. The Danish dough is now ready to be used. If you will not be using the dough within 24 hours, freeze it. To do this, roll the dough out to about 1 inch in thickness, wrap tightly in plastic wrap, and freeze. Defrost the dough slowly in the refrigerator for easiest handling. Danish dough will keep in the freezer for up to 1 month.

## **APPLE FILLING**

1. Toss all ingredients except butter in a large bowl.
2. Melt the butter in a sauté pan over medium heat until slightly nutty in color, about 6 - 8 minutes.
3. Then add the apple mixture and sauté until apples are softened and caramelized, 10 to 15 minutes.
4. If you've chosen Fujis, the apples will be caramelized, but have still retained their shape. Pour the cooked apples onto a baking sheet to cool completely before forming the braid.
5. (If making ahead, cool to room temperature, seal, and refrigerate.) They will cool faster when spread in a thin layer over the surface of the sheet. After they have cooled, the filling can be stored in the refrigerator for up to 3 days. Left over filling can be used as an ice cream topping, for muffins, cheesecake, or other pastries.

## **DANISH BRAID**

1. Line a baking sheet with a silicone mat or parchment paper. On a lightly floured surface, roll the Danish Dough into a 15 x 20-inch rectangle, ¼ inch thick. If the dough seems elastic and shrinks back when rolled, let it rest for a few minutes, then roll again. Place the dough on the baking sheet.
2. Along one long side of the pastry make parallel, 5-inch-long cuts with a knife or rolling pastry wheel, each about 1 inch apart. Repeat on the opposite side, making sure to line up the cuts with those you've already made.
3. Spoon the filling you've chosen to fill your braid down the center of the rectangle. Starting with the top and bottom "flaps", fold the top flap down over the filling to cover. Next, fold the bottom "flap" up to cover filling. This helps keep the braid neat and helps to hold in the filling. Now begin folding the cut side strips of dough over the filling, alternating first left, then right, left, right, until finished. Trim any excess dough and tuck in the ends. Egg Wash Whisk together the whole egg and yolk in a bowl and with a pastry brush, lightly coat the braid.

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**Proofing and Baking**

1. cSpray cooking oil (Pam...) onto a piece of plastic wrap, and place over the braid. Proof at room temperature or, if possible, in a controlled 90 degree F environment for about 2 hours, or until doubled in volume and light to the touch.
2. Near the end of proofing, preheat oven to 400 degrees F. Position a rack in the center of the oven.
3. Bake for 10 minutes, then rotate the pan so that the side of the braid previously in the back of the oven is now in the front. Lower the oven temperature to 350 degrees F, and bake about 15-20 minutes more, or until golden brown. Cool and serve the braid either still warm from the oven or at room temperature. The cooled braid can be wrapped airtight and stored in the refrigerator for up to 2 days, or freeze for 1 month.

**Glaze**

1. Mix powdered sugar and Pitu together till it has the right consistence. Spread over the loaf.

More pics as always on my page! ;)