

## Portuguese Sweet Bread

A fragrant, sweet bread for breakfast, brunch or makes elegant toast.



*I was first introduced to this bread by neighbors of my parents when we lived in San Diego. They were Portuguese and only made this once a year, at Easter. One year we were recipients of the bread, and have never forgotten it. It's rich. It's sweet. But oh, so good. And not something you'd make with regularity! It is very similar to the packaged Hawaiian Sweet Bread you can buy at the grocery store, but this is the original, real thing. You can make this more festive by putting it into a large springform pan (full recipe) and after the second rising, brush with egg white and sprinkle with granulated sugar. Bake for about 45-50 minutes at 350°.*

**Servings: 20**

**Preparation Time: 30 minutes**

Start to Finish Time: 4 hours

- 1/2 cup evaporated milk**
- 1/4 cup water**
- 4 tablespoons butter**
- 2 packages dry yeast**
- 1 teaspoon sugar**
- 1/4 teaspoon ground ginger**
- 1/2 cup warm water**
- 3/4 cup sugar**
- 1 teaspoon salt**
- 3 whole eggs**
- 5 cups bread flour**

*Serving Ideas: In Portuguese homes, this is served on Easter morning as part of a traditional breakfast.*

Per Serving (excluding unknown items): 196 Calories; 4g Fat (19.1% calories from fat); 6g Protein; 34g Carbohydrate; trace Dietary Fiber; 40mg Cholesterol; 149mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

1. In a saucepan, melt the butter with the evaporated milk and water. In a large bowl place the 3/4 cup sugar, salt and eggs. Pour in the milk/butter mixture and stir to dissolve the sugar. Allow to cool while gathering the other ingredients for the bread. In a small, glass measuring cup, combine the warm water, ground ginger, sugar and add the packages of yeast. Stir briefly and set aside for only about 5-10 minutes. (Do not do this step ahead).
2. When the egg and sugar mixture is cool, add about one cup of flour and stir. Add the yeast once it has become bubbly, then stir in additional flour. The mixture may take a bit more flour than the ingredient list shows since adding flour to yeast bread is never an exact science. But, be careful you don't add too much. Sweet breads can sometimes take more flour, but then the bread will be heavy and tough. Only add as much flour as you must to keep the stickiness under control. Roll the dough out onto a floured board and knead until the dough is elastic and smooth. Put into a greased bowl and allow to rise in a warm place until double in bulk. My notes say this takes about 2 hours.
3. Punch the dough down and pour out onto the floured board again and knead until there are no air bubbles in the dough. Cut in half and shape into bread shapes, place in bread pans and allow to rise again. This dough does not rise very fast, so wait until it's nearly ready before you preheat the oven.
4. Heat oven to 375°. Bake bread for 25 minutes. Remove from oven, cover the pans lightly with foil, then reduce temperature to 350° and bake an additional 8-10 minutes.
5. Remove bread from the oven and IF it's stable enough, set loaves out on a rack to cool. If made correctly, this bread is very tender, so it may require cooling for 10-15 minutes in the pans before you remove them to a rack.

**Yield: 2 loaves**