Lynne's Swedish Cardamom Coffee Bread

8 Cups flour
2 ½ cups lukewarm milk
* 2 pkgs rapid rise yeast
* cardamom, 1 heaping ground
* 1 egg plus 1 egg white
½ tsp salt
1 cup melted butter, cooled
* 2 Tblsps Wheat Gluten
1 cup sugar
* turbinado sugar for topping

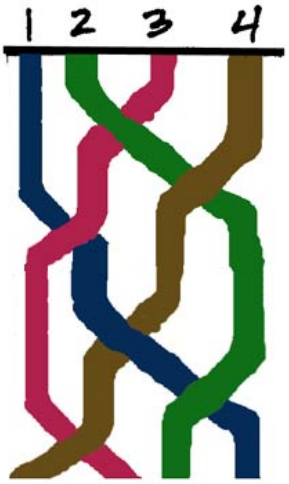
Mix flour, Sugar, salt, yeast, wheat gluten, and cardamom well. Add milk, butter, and 1 egg plus egg white. Mix well. with mixer or wooden spoon. Put dough in a greased bowl and cover with a towel. Set in a warm (not hot) place and let rise until double (1 to 2 hrs).

Flour board and knead dough briefly. Divide into 4 pieces, working with 1 piece – divide into 4 pieces. Roll each into a log approx 10" inches long. Set ropes side by side and braid (see diagram below) - Cross #2 over #3, #3 over #1, #4 over #2. To make other 3 rolls use remain three pieces and repeat (thus making 4 loaves). Place on greased sheet and cover with towel. Let rise less than ½ hour.

Heat oven to 375 degrees. Mix reserved egg yolk with a little milk. Brush the loaves with the egg mix and sprinkle with Turbinado sugar.

Bake 15 to 20 minutes or until done. Cool on pans 10 minutes, transfer to rack, cover with linen towel until completely cool.

* Available at The Country Gourmet



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