

Pan de Muerto

Pan de Muerto, or Bread of the Dead, represents the soul of the departed. It is oval or round, and it typically has raised skulls and crossbones with flower designs or simple knobs that represent skulls.

1 ½ C flour
½ C sugar
1 t salt
1 T anise seed
2 pkgs. dry yeast

Ingredients for bread for glaze
½ C sugar
1/3 C orange juice
2 T grated orange peel

Instructions
Combine & heat (but do not boil) in a saucepan:
½ C milk
½ C water
½ C butter or margarine
4 eggs
3 ½ - 4 ½ C flour
Mix dry ingredients: flour, sugar, salt, anise seed, and dry yeast.
Add warm liquid and beat.
Add 4 eggs and 1 C flour and beat. If necessary, add more flour until the dough is soft but not sticky.
Knead on a lightly floured board for 8 – 10 minutes, until smooth & elastic.
Lightly grease a bowl and place dough in it. Let rise in a warm place for 1 hour.
Punch dough down and shape into loaves resembling skulls, skeletons, or round loaves with “bones” placed ornamentally around the top. Let rise for 1 hour.
Bake at 350F for 40 minutes.
Boil glaze for 2 minutes. Apply to warm shapes.