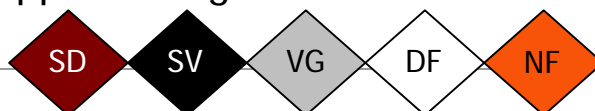


Healthy Swaps Apricot, Pineapple & Ginger Panettone

(*see dietary notes)



Recipe by: Chef Kelly Yorke

Panettone is the Italian name for a rich, sweet yeast bread that is baked in a tall cylindrical shape and is studded with dried fruits, nuts and spice. It is commonly served during the Christmas season as well as for other special celebrations throughout the year. Buying imported Panettone is costly and domestic ones are not nearly as fresh and tasty as home made. The traditional recipe, however, is very involved, requiring three risings and can take up to several days to make – which is why Panettone is so commonly purchased pre-made. This recipe however, is designed to simplify the process and produce a “fresher-than-store-bought” tasting product. Home-made Panettone is a thoughtful gift and can be enjoyed as a breakfast bread, coffee and tea cake, or dessert. It pairs especially well with a cup of coffee or tea, or a glass of Marsala wine or sparkling Asti Spumante. Leftover Panettone makes wonderful French toast and is delicious toasted and topped with a spread of mascarpone cheese. Making your own home-made Panettone is definitely worth the effort!

Ingredients:

3/4 cup	Almond Milk, such as Silk Brand, Pure Almond Vanilla
1/4 cup	Water
1/3 cup	Egg Beaters 99% egg substitute
1 Tbsp.	Barley Malt Syrup
3 Tbsp.	Butter or Vegan Margarine
1 tsp.	Rum extract
1/2 tsp.	Orange extract
1/2 tsp.	Lemon zest
1/2 tsp.	Salt
3 cups	Whole wheat flour, white, unbleached
1 Tbsp.	Vital wheat gluten
3 Tbsp.	Sugar
1 tsp.	Turmeric, chopped
1 tsp.	Ground ginger
2 – 1/4 tsp.	Active Dry Yeast
1/4 cup	Dried apricot, chopped
1/4 cup	Dried Pineapple, chopped
1/4 cup	Golden raisins

Directions:

1. Measure ingredient into bread machine pan in order listed.
2. Process on sweet dough cycle or basic cycle on the lightest crust setting. When machine kneading cycle is complete (about 30 minutes) remove the dough from the machine.

**Alternatively, if you do not have a bread machine, place the ingredients in a standing bowl mixer fitted with a bread paddle and mix dough on slow until it forms a stick ball, increase speed to medium and continue mixing for another 8-10 minutes or until dough is smooth and elastic.*

3. Place the dough in a lightly greased bowl and allow dough to rise in a warm place (75-80 °F) until doubled in size (about 2 hours). After initial rise, gently punch down dough to deflate and cover bowl lightly with a greased sheet of plastic wrap. Place dough in refrigerator overnight. Dough may be kept at this point in the refrigerator for up to four or five days or it may be frozen in an air-tight container for up to a month.
4. When ready to bake, preheat oven to 350° F.
5. Spray the inside of the panettone mold or a 5-1/2 inch diameter paper panettone mold with cooking spray.
6. Remove dough from refrigerator (if frozen, thaw it first for 24 hours in the refrigerator) and form the dough into a ball by stretching the top of the dough around to the bottom to form a smooth rounded dome on top. Pinch the seams together on the bottom. Place dough (about 1.5 lbs.) in the prepared mold, seam side down.



7. Place dough-filled mold in a warm place (about 75-80 °F) until dough has doubled in size and has crested to a dome above the rim of the mold (about 1 to 1-1/2 hours).
8. Transfer dough-filled mold to a pre-heated 350 °F oven and bake for approximately 15 minutes, reduce oven temperature to 325 °F and continue baking for another 20-25 minutes or until bread is golden brown on top, feels hollow when taped, and is an internal temperature of about 165 °F.
9. Remove bread from oven and cool completely before slicing.

YIELD: 1 loaf, 12 Servings

*Dietary Notes:

- To make Vegan (SV), omit eggs and replace with 4 Tbsp flaxseed meal whisked with 6 Tbsp warm water. Use 3 Tbsp vegan margarine instead of butter.
- To make Dairy-Free (DF), use 3 Tbsp vegan margarine instead of butter.

Per Healthy Swaps Serving: 199 Calories, 5g Fat, 32g Carbohydrates, 7g Protein, 4g Dietary Fiber, 8mg Cholesterol, 141mg Sodium

Traditional Panettone Serving: 310 Calories, 13g fat, 43g Carbohydrates, 7g Protein, 1g Dietary Fiber, 115mg Cholesterol, 160 mg Sodium