RECIPE

Cinnamon Babka

A soft yeast loaf, half whole wheat, twisted around a cinnamon swirl, a breakfast bread that toasts well the next day. Under 2 g saturated fat a slice, and less sugar than before.

MAKES

12 slices (US | Metric)

TOTAL

3 h 30 min

Ingredients

- [ ] 1 ½ cups all-purpose flour
- [ ] 1 ½ cups whole wheat flour
- [ ] 2 tbsp granulated sugar
- [ ] 1 ½ tsp instant yeast
- [ ] 1 tsp salt
- [ ] ¾ cup 1% milk, lukewarm
- [ ] 1 large egg
- [ ] 2 tbsp unsalted butter, softened
- [ ] ⅓ cup packed light brown sugar
- [ ] 1 tbsp ground cinnamon
- [ ] 2 tbsp olive oil
- [ ] 1 egg, beaten with 1 tbsp water, for brushing
- [ ] A little olive oil for the bowl and the pan

Method

1. Mix both flours, the sugar, yeast and salt in a large bowl. Add the milk, egg and softened butter. Stir into a shaggy dough, then knead 8 to 10 minutes by hand, or 6 minutes in a mixer with the dough hook, until smooth and a little tacky. Whole wheat makes a slightly denser dough than white, so give the kneading its full time.

2. Put the dough in a bowl rubbed with a little olive oil, cover, and let it rise until just doubled. A mile up this takes 45 to 60 minutes. Do not let it go past double.

3. Stir the brown sugar and cinnamon into the olive oil for the filling, until it makes a thick, spreadable paste.

4. Rub a 9 × 5 in loaf pan with a little olive oil and line it with parchment.

5. Roll the dough on a floured counter into a 12 × 16 in rectangle. Spread the filling to 1 in from the edges. Roll up from a short end into a tight log and pinch the seam.

6. Cut the log in half lengthwise with a sharp knife, so the swirl shows. Lay the halves side by side, cut sides up, and twist them over each other. Fit the twist into the pan.

7. Cover and let it rise 45 to 60 minutes, until puffy and about 1 in above the rim. Heat the oven to 350 °F during the last 20 minutes.

8. Brush the top with the egg wash. Bake 40 to 45 minutes, until deep golden. Lay foil on top for the last 15 minutes if it browns fast. It is done when the middle reads 190 °F.

9. Cool 10 minutes in the pan, then lift out onto a rack. Cool at least 30 minutes before slicing.