

Vegan 3 Kings' Bread From BlessedElements.Com

*adapted from Better Homes and Gardens Mexican cook book recipe with some added touches.

Ingredients

Active dry yeast- 1 package

All Purpose Flour- 3 1/2 cups separate into 1 1/2 cups and 2 cups measurement

Sugar- 1/3 cup

Vegan butter- 1/4 cup + 2 Tbls

Salt- 1 tsp

non dairy milk- 2/3 cup

Ground Flax Seed- 2 Tbls ground flax seed in 6 Tbls of warm water (let sit until needed)

Stuffing

In separate bowl, mix 2 Tbls sugar and the 1/2 tsp cinnamon (I use cinnamon from The Spice Lab), Stir in 1/2 cup chopped blanched almonds, 1/4 cup of orange peels (Mine are from [The Spice Lab](#)) and 1/4 cup candied cherries. Set aside as this goes in the center of the bread.

Directions for Bread

- Activate Yeast: Warm 1/4 c water to 110°. Pour over 1 package of yeast and 1 tsp sugar. Let sit while preparing bread dough
- Using a large bowl or stand mixer bowl add the 1 1/2 cup flour, sugar, salt, butter, yeast. Then add milk and ground flax seed mixture. Turn mixer on low speed and let blend for 30 seconds while continually keeping the sides of the bowl scraped.
- Turn mixer to high speed and mix for 3 minutes.
- Add the remaining 2 cups of flour while stirring by hand. Dough should be soft. Add a couple handfuls of flour if too soft.
- Lightly flour a surface and knead dough til smooth and elastic in texture. (8 to 10 minutes)
- Lightly grease a bowl and put dough inside. Turn dough over to grease the other side. Cover the bowl
- Let rise in warm area for 1 to 1 1/2 hours or till dough doubles in size.
- Return to floured surface, punch down dough and roll dough to a rectangle appx. 20 x 12 inches.
- Melt 2 Tbls of butter and brush the top of the dough. Sprinkle the prepared stuffing, made before hand, over dough.
- Shape the dough like a jelly roll, roll beginning at long side to other long end. Seal edge by pinching.
- Form a ring by bringing the two ends together. Transfer to greased baking sheet and make sure seam side is down.

- Pinch the two end pieces together create a seal.
- Slash sides evenly around the ring from middle of top to bottom of bread ring.
- Cover once more and let rise again for 30 to 45 minutes. Dough should be double in size.
- Bake for 25 to 30 minutes at 375°. Cool slightly.

While dough is baking prepare:

Icing for 3 Kings' Bread

Powdered sugar – 1/2 cups

Vanilla – 1/4 tsp

Chopped Blanched Almonds – 2 Tbls

- Stir powdered sugar and vanilla; add enough non dairy milk to make the mixture spreadable.
- Pour over dough letting it drip to edges.
- Sprinkle the candied cherries and dried [orange peels](#) (I use The Spice Lab) over the bread ring
- Sprinkle the blanched almonds on top.

How to Blanche Almonds

- Put almonds in bowl and pour boiling water on top. Just barely cover the almonds with the water. Sit for 1 to 1 1/2 minutes.
- Drain in colander and rinse with cool water. Pat dry.
- I have never experience almonds just slipping out of the skins. I take a pairing knife scratch the skin and peel it off.

Candied Cherries

I buy maraschino cherries (10 oz jar) Pour the cherries and 1/4 to 1/2 of the juice in a pan. Use 3/4 of a cup of sugar. Stir and bring to a boil.

Let simmer for 45 to 50 minutes and take off burner and let cool. Cut up 1/4 cup of cherries for the center and use the left over whole cherries for the top.