



Rwandan Spiced Honey Bread

By Erin Fletter

Prep Time 30 / **Cook Time** 20 / **Serves** 6 - 12

Fun-Da-Mentals Kitchen Skills

knead: to work dough by pushing, pulling, and folding it by hand or with a stand mixer.

Equipment

- Oven
- Liquid measuring cup
- Large mixing bowls
- Measuring spoons
- Dry measuring cups
- Dishtowel (clean)
- Muffin pan
- Pastry brush

Ingredients

Rwandan Spiced Honey Bread

- 1 packet active dry yeast
- 3/4 cup warm water
- 1 egg ******(for EGG ALLERGY sub 1 T ground flaxseed + 3 T warm water—more info below)******
- 1/2 C honey
- 1/2 T ground coriander

- 3/4 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp salt
- 1/2 C warm whole milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- 3 T vegetable oil
- 3 C all purpose flour + more for dusting **** (for GLUTEN ALLERGY sub gluten-free flour)****

Food Allergen Substitutions

Rwandan Spiced Honey Bread

Egg: For 1 egg, substitute 1 T of ground flaxseed soaked in 3 T of warm water for 5 min or until fully absorbed and thickened.

Dairy: Substitute dairy-free/nut-free milk for whole milk.

Gluten/Wheat: Substitute gluten-free flour for all-purpose flour.

Instructions

Rwandan Spiced Honey Bread

preheat + combine + rest

Preheat your oven to 375 F. Combine **1 active dry yeast** packet and **3/4 cup of lukewarm water** in a large bowl. Let the yeast and water sit for 2 to 3 minutes. Then, stir and set aside to sit for another 10 minutes.

crack + whisk + mix

Crack **1 egg** into a large bowl. Then add **1/2 cup honey, 1/2 tablespoon coriander, 3/4 teaspoon cinnamon, 1/4 teaspoon cloves,** and **1/4 teaspoon salt** and whisk everything together. Next, add **1/2 cup milk, 4 tablespoons oil,** and the yeast and water mixture and mix again until well combined.

add + stir

Little by little, add **3 cups of flour** until the dough comes together. You want the dough to be soft, light, and not too wet, but you may not need all of your flour, so add it slowly. You may also need a bit more flour, so feel free to add as much as needed until the dough comes together.

knead + rest

Coat your hands in flour and turn the dough onto a floured surface. Knead the dough until it is smooth and springy. After about 5 minutes of kneading, set the dough in a clean bowl and cover with a dishtowel to let

it rest for 10 to 20 minutes.

brush + roll + bake

Brush the wells of a muffin pan with oil. Pinch off 3 tablespoons of dough at a time, roll by hand into a ball, and place into oiled muffin pan wells. Bake for 15 to 20 minutes, or until the tops are golden brown and the dough has cooked through. Enjoy with a smear of Whipped Honey Butter!

Featured Ingredient: Honey!

Hi! I'm Honey!

"I'm a golden, thick, naturally sweet liquid made by honeybees! My flavor varies depending on the particular flower nectar that bees carry home to their hive. Did you know I can last indefinitely? That's forever! Try squeezing or dribbling me into tea, on biscuits, toast, or fruit, and add me to desserts."

Honeybees make honey—they are one of the world's insects that makes food people can eat. An average bee makes about one-twelfth of a teaspoon of honey during its whole life.

In Spain, an 8,000-year-old cave painting in the Cuevas de la Araña (Spider Caves) depicts a person gathering honey from a beehive.

Egyptian hieroglyphs record the practice of beekeeping in ancient Egypt and honey's use as a sweetener and as a soothing ointment for wounds. Egyptians also buried their dead with honey or used it in mummification.

Ancient Greece had its beekeepers, and references to honey also appear in ancient Indian and Israelite texts.

Honey has an indefinite shelf life—it can last forever if well stored because it has natural preservatives. It may crystallize eventually, but the crystals will melt if you warm it by putting the jar in a bowl or pot of hot water or in the microwave on low power.

People initially used honey as a culinary sweetener but now recognize it as a healing ingredient in medicinal treatment. For example, honey can help soothe a cough or sore throat and heal burns or cuts on your skin.

Eating local honey, made from bees living in the same area where you live, may help you build up a resistance to pollen, thereby reducing your allergies. However, there is not sufficient evidence for this. Infants do not yet have any resistance to the bacteria in honey, so keep it out of their diet until they are over one year old.

Honey consists primarily of fructose and other natural sugars and has insignificant amounts of vitamins and minerals, so it is wise to limit your honey intake as you do with other sugars.

Honey soaks up moisture rapidly. To make cake and cookies last longer and retain their moistness, substitute half of the sugar in a recipe with honey.