

St Nicholas Maneles (men) Bread

www.mesinspirationsculinaires.com

Translated from French

800 g flour
½ liter milk
150 g butter
100 g superfine sugar
Pinch salt
40 g yeast



Photograph Google images, St Nicholas Bread

1. Mix flour with salt and sugar. Then include the yeast and mix well
2. Fold lukewarm milk and mix delicately
3. Fold soft butter in small slices and mix till you achieve a smooth texture where the mix does not adhere to the bowl.
4. Form dough into a ball, set it into a bowl, and cover it with saran wrap. Let it rise until it has doubled in volume
5. Press dough down and form small round ball in the amount of 50 g (1.8 oz.) each (of course this depends on how small one wishes to make the small men (Maneles in Alsatian))
6. Form them into short strands and form the head
7. Make the legs and arms
8. Assemble all parts to look alike a man
9. Set the Maneles on a baking sheet and let rise a second time
10. Preheat oven to 350F.
11. Set them apart from each other and baste gently with a mixture of egg yolk and a little water
12. Bake for 20-30 minutes will the Maneles are nice and golden.