



Pan de los Muertos



Prep + cook time: 1 hour 20 minutes
Stand time: 4 hours
Total time: 5 hours 20 minutes



Servings: 4 loaves

Ingredients

- ¼ cup warm water
- 1 tbsp yeast
- 1 pinch sugar to ferment the yeast
- 5 cups all-purpose wheat flour
- 4 eggs at room temperature
- ⅔ cup condensed milk (or ½ can)
- 1 tsp salt
- 1 tsp. Mexican vanilla
- 2 tbsp orange zest (Optional)
- ¾ cup white sugar and extra
- 1 cup minus 1 tbsp butter at room temperature

Glaze - method 1 (before baking)

- 1 egg, lightly beaten
- sugar to taste

Glaze - method 2 (after baking)

- ¼ cup sugar
- 2 tablespoons water
- ½ lemon (only the juice)
- sugar to taste



Pan de los Muertos (Bread of the Dead) is a Mexican sweet bread that comes in many regional varieties with different flavors, shapes, and sizes. Little bits of dough are shaped into balls and rolls and placed on top of the bread to represent bones. This recipe is baked in the weeks leading up to Día de los Muertos. It can be eaten as a treat or placed on an altar for your departed loved ones to enjoy.

Instructions

1. Dissolve the yeast with the pinch of sugar in the warm water and let it rest for 5 minutes or until it ferments.
2. In a mixer, with the hook attachment, place the flour, eggs, condensed milk, salt, vanilla, orange zest (optional) and yeast. Begin to beat at low speed until the mixture takes shape. If you do it by hand, simply make a bowl with the flour and add the rest of the ingredients there little by little and start mixing.
3. With the mixer still going, add the butter in small pieces alternating with the sugar. Beat the mixture for 10 to 15 minutes, until the butter is completely incorporated. The dough looks sticky, but if you put the dough into a ball it should hold its shape without spilling to the sides.
4. Grease a large bowl and let the dough rest there, covered with plastic or cloth, for 3 to 4 hours or until doubled in size.
5. Once the dough has doubled in size, knead lightly and divide the dough into 5 equal parts.



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Instructions

6. Separate one of the dough balls and stiffen it a little by adding more flour and reserve.
7. With the other 4 parts, form compact bread balls and place them on greased trays, let them rest for 30 more minutes. You will notice that they expand a bit and lose their smoothness.
8. While you let the balls rest, with the fifth part of the dough that you reserved, form the “bones” and balls that will go into each loaf. Let them sit for about 10-15 minutes.
9. Once the balls of dough and the bones have rested enough, glaze the loaves with a little water to serve as glue and form the loaves by placing the bones and balls on each ball of dough. Let stand for 2 more hours or until they double in size again.
10. Brush the bread with the beaten egg using a small brush and sprinkle with sugar to taste. This only if you want to use varnish method 1, otherwise bake them.
11. Bake at 180° C (350° F) for 18-20 minutes and the bread turns golden.

To glaze after baking (method 2)

1. Prepare a syrup by boiling the water with the sugar. When it boils, remove from the heat and add the lemon juice, let it cool and reserve for when the bread is baked.
2. When the bread comes out of the oven, let it cool for about 10 minutes.
3. Using a small brush, coat the bread with the syrup and sprinkle with sugar to taste.

Notes

When you finish preparing the dough, it will have a somewhat sticky consistency, do not be alarmed, this is how it should be. After the dough sits the first time, it will become more consistent and you will have no problem kneading it again.