



monkey bread

SERVINGS

about 8

TIME

45 minutes hands-on, 2 hours total

INGREDIENTS

- 3/4 cup milk
- 1/4 cup water
- 4 tablespoons melted butter
- 1 packet yeast (2+1/4 teaspoons)
- 3+1/4 cup all-purpose flour
- 1/4 cup sugar
- 1 teaspoon salt
- 1 egg

Cinnamon topping

- 1 cup sugar
- 1 tablespoon ground cinnamon
- 1/2 cup melted butter

EQUIPMENT

- Loaf pan or tube shaped pan
- 2 large bowls
- Dry and liquid measuring cups and measuring spoons
- Thermometer
- Microwave or saucepan to heat milk, water, and butter
- 2 smaller bowls
- Cutting board and bench scraper

DIRECTIONS

- Combine milk and water in a microwave safe measuring cup and heat until about 110°F. Add yeast and stir with a fork to combine. Sprinkle a bit of sugar on top. Let sit for about 5 minutes until yeast begins to foam.
- Crack egg into a small bowl and remove any shells. Mix egg with a fork to break up.
- In a large mixing bowl, add flour, sugar, and salt. Stir to combine.
- In another large bowl, combine egg, butter, and foamy yeast mixture. Stir to combine. Add about 1 cup flour mixture and combine with a spatula. Then add 1 more cup flour mixture and combine with a spatula. Finally, combine all of the flour mixture with the egg mixture in the larger of the two bowls. Combine with a spatula. Then, use your hands to form dough into a ball.
- Lightly flour a cutting board. Knead the dough for 6-8 minutes. Cover the dough and let it rise for 15 minutes. It won't rise too much at this stage.
- While the dough is resting, prepare the cinnamon-sugar. Combine the cinnamon and sugar in one small bowl, and melt the butter in additional bowl.
- Grease pan. Cut the dough into lots of little pieces (30-40). Dip each piece in the butter and then roll in the cinnamon sugar. Place in pan and repeat for the remainder of the pieces. Cover the pan with a towel and let rise for 45 minutes. It should rise and fill the pan. Preheat oven to 350°F. Bake for 25-30 minutes. Cool for 5 minutes and invert onto a serving platter.

TIPS TO INVOLVE THE KIDS

- Designate an area to get a bit messy. Take all ingredients and equipment out ahead of time.
- Have your child measure out all of the ingredients.
- Give each child 2 minutes to knead and rotate. Take turns rolling the dough in butter and the cinnamon sugar mixture.

