

Pan de Muerto

From *The Festival of Bones* by Luis San Vicente

Ingredients:

2 packets of dry yeast
1 ½ cups of flour
1 Tablespoon of anise seed
½ cup of sugar
1 teaspoon salt
½ cup milk
½ cup water
½ cup butter
4 eggs
3 – 4 ½ additional cups flour

Preparation: Mix all dry ingredients together except the 3 – 4 ½ cups of flour. Heat, but don't boil, the milk, water, and butter in a small pan and then add it to the dry mixture. Beat well.

Add the eggs and 1 ½ cups of the additional flour to this mixture. Beat well. Slowly mix in the rest of the flour, a little at a time.

Flour a cutting board. Knead the mixture on the cutting board for 9-10 minutes. Put the dough in a greased bowl and allow it to rise until it has doubled in size (about 1 to 1 ½ hours at sea level). Punch the dough down and shape it however you want – as a person, animal, bone, or in an oval shape. Let it rise for another hour.

Bake at 350 F (175 C) for about 40 minutes. After baking, sprinkle with colored sugar. Decorate with crystallized fruit or gummy bears.