

# Glazed Sweet Bread, Ka'ik

a recipe from [www.maureenabood.com](http://www.maureenabood.com)

*Ka'ik are known as Easter cookies and are always made during the Easter season. This recipe comes from Louise Shaheen, who is considered the best baker of ka'ik around. There are many versions of ka'ik, some biscuit-like and others bread-like. I grew up with the latter, which is fragrant with spices and subtly sweet. Eat the breads any time of the day; they make a perfect companion to a cup of tea in the afternoon. The ka'ik freezes well and is best kept covered tightly and eaten within a couple of days. Makes*

## *For the dough:*

1 teaspoons/1 packet yeast  
¾ cup sugar  
¾ cup clarified butter  
1 1/3 cups whole milk  
5 ½ cups unbleached all-purpose flour  
1 tablespoon ground mahleb  
2 tablespoons ground anise  
½ teaspoon ground nutmeg  
1 tablespoon sesame seeds  
¼ teaspoon salt  
1 teaspoon olive oil

## *For the glaze:*

1 tablespoon butter  
¼ cup half and half  
½ cup sugar  
¼ teaspoon rosewater

Proof the yeast: In a small bowl, combine the yeast with 1 teaspoon of the sugar. Add ¼ cup warm water, stirring to combine, and let sit until puffy and creamy (about 10 minutes).

Warm the butter and milk in a small saucepan over low heat or in the microwave.

In the bowl of a stand mixer fitted with the hook attachment, or by hand in a large bowl, combine the remaining ¾ cup sugar, flour, mahleb, anise, nutmeg, sesame seeds and salt. Slowly add the butter and milk and mix on low speed or by hand until dough forms. Increase the speed on the mixer to knead the dough for five minutes, or by hand on the counter for 10 minutes.

Lightly oil a large bowl with the olive oil. Coat the dough in the bowl and cover with plastic wrap, then a clean kitchen towel. Set the dough in a warm spot to rise for 2 hours.

Divide the dough into twelve pieces by squeezing off balls about 2 ½ inches wide. To create a warm setting for the balls to rise again, place a kitchen towel on the counter and cover with plastic wrap. Place the balls on this about 2 inches apart, cover with more plastic wrap and another towel. Let the balls rise for ½ hour.

Heat the oven to 325 degrees, with a rack in the center of the oven. If using a ka'ik mold, press a ball of dough into the mold firmly with the palm of your hand. Carefully remove and place on an ungreased sheet pan. Repeat this process with the remaining dough, baking six at a time. If using your hands to shape the dough, flatten each ball with the palm of your hand. Pinch the edges five or six times around the circle and poke with the tines of a fork over the top. Place on an ungreased sheet pan. Bake one sheet pan at a time if using two pans.

Bake the ka'ik for 25-27 minutes, or until golden brown.

Make the glaze while the second pan of ka'ik bakes; glaze the ka'ik while they are still warm. Heat the butter, half and half, sugar and rose water in a small saucepan over medium heat. Simmer for one minute, then remove from heat. Pour the glaze into a dish wide enough to dip the ka'ik in. Dip each sweet bread into the glaze and place on a cooling rack to dry.

Keep the ka'ik well-covered or in an airtight container for up to three days. Eat as is or warm in the oven.