

# Frese di San Rocco

## St Rocco's Bread



### DIRECTIONS

- Dissolve yeast into one cup of warm water (not hot) and let it sit for a couple of minutes, until it bubbles.
- Meanwhile, place flour onto working surface or in a large bowl. Make a well in the flour. Add the salt, the pepper, the 6 eggs, the lard, the olive oil, and the water/yeast mixture.
- With your clean hands, gently mix the liquids into the flour. Add more warm water, half a cup at a time, and continue mixing.
- Work the dough very well until smooth and elastic.
- The dough consistency should be just a little softer than bread dough but not stick to your hands.
- NOTE: The above steps can be done with a stand mixer fitted with a dough hook.
- Place dough in a large bowl greased with olive oil.
- The bowl should be large enough to allow dough to double in size.
- Cover with plastic wrap and clean kitchen towel.
- Place in warm area for rising (about 2 hours).
- When dough has risen, divide into 6 balls.
- Shape each ball of dough into a ring by rolling dough into a rope first and then joining the ends together.
- Use a dusting of flour to help with this process.
- Make sure ends are security sealed (use a little of the beaten egg if needed).
- Place 3 frese on each of two greased cookie sheets
- Cover with kitchen towels and allow them to rise again until doubled in size.
- When ready, uncover the frese and brush tops with beaten egg.
- Bake in preheated 400F oven for 20 to 30 minutes until golden.

### INGREDIENTS

- 8 cups of bread flour, plus more for dusting
- 6 large eggs, lightly beaten
- ¼ lb of lard, at room temperature
- ½ cup of olive oil
- 4 teaspoons salt
- Fresh ground pepper to taste
- 2 1/2 cups warm water (more or less as needed)
- 2 packets of dry yeast
- 1 egg, beaten, for brushing tops

### NONNA'S TIPS



- This recipe can be halved. Just divide all ingredients by 2.
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- Bread flour works best for this recipe.
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- Do not substitute the lard since that's what gives this bread its consistency and flavor.
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- The only lard substitution allowed would be with same amount of bacon grease (which makes it taste even better!).