

Grandma Nelson's Cardamom Bread

Submitted by Mary Stetson

I learned how to bake bread from my mother who learned from her mother, my Grandma Nelson, who emigrated from Värmland as a teenager about 1906 and settled in St. Paul, MN. She worked as a cook in the Hill mansion before she married my Grandfather, Olof Gustav Nelson. They raised a family in St. Paul. Most of the girls in the family, including my mother, worked in offices at the Great Northern Railroad, I enjoy baking cardamom bread because it brings back memories of my mom and grandma and other relatives.

Ingredients

2 c. warm milk
1 stick of butter (1/2 cup)
1/2 Tablespoon ground cardamom (sometimes I use more)
1 cup white sugar
2 pkg. of yeast
2 eggs, beaten
7 c. white unbleached flour (use more if dough is sticky)
1 tsp. salt

candied fruit or raisins (optional)
Swedish Pearl Sugar (optional)

Preparation

Heat the milk in a saucepan so it is scalding hot. Pour into a large mixing bowl. Add butter to melt. Add cardamom and sugar. Stir. Let cool enough so you can add the yeast to the warm mixture. Stir in beaten eggs. Mix salt into flour and add by cupful to the mixture in the big bowl, stirring. You may need to add an additional cup. Turn out onto a floured bread board and knead for 10 minutes. Let rise in a clean buttered mixing bowl for about 1 hour or until double in size. (Cover with a damp kitchen towel.) After the dough has risen, knead it again and form 2 loaves or braids. Let rise and then bake 25-30 minutes at 375 F. This dough can be used for cinnamon rolls or tea rings as well. My mom only gave me a list of ingredients in her handwriting. There are lots of great cookbooks that may have more precise directions. Sometimes I look at the Swedish cookbooks and also Fannie Farmer has a very similar recipe.



Mary's niece **Kathrine Norquist**, John and Susan's daughter with a braid of bread she had just baked.

