

Rich Sweet Dough  
Recipe by Mrs. Leroy Losey  
Of Yakima County, Washington  
"Grass Roots Cookbook," Jean Anderson  
Times Books, a division of  
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Makes enough for two 12-inch coffee or tea rings

### Ingredients

2 packages active dry yeast  
¼ cup very warm water  
1 cup milk, scalded  
½ cup sugar  
½ cup butter or margarine, at room temperature  
2 teaspoons salt  
6 cups sifted all-purpose flour (about)  
3 eggs  
½ teaspoon ground cardamom or anise

### Directions

*Donna's Note: This recipe is from a book published during the '70's. I used my KitchenAid Stand Mixer with a dough hook to make this dough. It's a soft dough, so you will have to scrap the bowl and hook periodically to get a smooth dough.*

1. Sprinkle yeast over very warm water in a large bowl (very warm water should feel comfortably warm when dropped on wrist). Stir until yeast dissolves.
2. Combine scalded milk with sugar, butter and salt, stirring until sugar dissolves and butter melts. Cool mixture to 105° to 115°.
3. Add milk mixture to yeast, then beat in 1 cup of flour. Mix the eggs in, 1 at a time, beating well after each addition. Blend in the spice.
4. Mix in the remaining 5 cups of flour (or just enough to make a soft but kneadable dough), 1 cup at a time.
5. Turn dough out a floured board and knead, keeping hands floured, for about 5 minutes or until dough is smooth and elastic.
6. Place dough in a warm buttered bowl, turn greased side up. Cover with a clean dry cloth and let rise in a warm, draft-free place until doubled in bulk-about 1-1/4 to 1-1/2 hours.
7. Divide the dough in half. Use for making Apple coffee Ring (recipe follows) or any of your own favorite sweet breads.

Apple Coffee Ring  
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Makes two 12-inch coffee rings

### Ingredients

1 recipe Rich Sweet Dough (recipe precedes)  
4 tablespoons butter or margarine, at room temperature  
1 cup firmly packed light brown sugar mixed with 2 teaspoons cinnamon (cinnamon sugar)  
4 cups\* peeled, coarsely shredded Golden Delicious apples (2 large apples, if shredded on the second-coarsest side of a four-sided grater, will yield 4 cups)

### Directions

1. Prepare Rich Sweet Dough, divide the dough in half.
2. Roll half the dough on a lightly floured pastry cloth into a rectangle about 22 inches long and 12 to 14 inches wide. The rolled-out dough should be between 1/8- and 1/4-inch thick.
3. Spread the sheet of dough with 2 tablespoons of the softened butter, sprinkle with half of the cinnamon sugar, then scatter 2 cups of the shredded apples evenly on top. Roll the dough up snugly jelly-roll style, beginning at one long side so that you have a roll about 22 inches long. Make sure that the seam is on the bottom of the roll.
4. Transfer roll to a lightly greased baking sheet, then bend into a ring, tucking one end into the other and pinching seam well to seal. With a sharp knife, cut about three-fourths of the way through the ring at 1-inch intervals, then twist slices outward so that they lie flat, slightly overlapping. Roll, fill and shape the remaining dough the same way, using remaining filling ingredients.
5. Cover the rings with clean dry cloths, then let rise in a warm draft-free spot until doubled in bulk-about 1-1/4 hours.
6. Bake in moderately hot oven (375°) for about 30 minutes or until rings are richly browned and sound hollow when thumped with your fingers. Remove from oven and let cool about 10 minutes before cutting into wedges and serving.

### Donna's Notes

After preparing this recipe as above, I found that 4 cups of grated apples did not provide sufficient amount of filling for two apple rings. I would suggest 8 cups and using 4 cups per ring. I found the grated apples were quite juicy. I cooked the apples with a bit of the sugar mixture then drained some of the liquid. I didn't use Golden Delicious, but whatever was in my CSA share. My husband suggested a combination of sliced and apple chunks for texture.