

Maple-Pear Pull-Apart Bread

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Servings: 12

3/4 cup milk
1 package active dry yeast
1 egg, lightly beaten
1/4 cup butter, melted
2 tablespoons maple syrup
1/2 teaspoon salt
3 cups all-purpose flour
1/4 cup butter, melted
1 1/2 cups pears, peeled, cored and finely chopped
3/4 cup packed brown sugar
1 teaspoon ground cardamom
3/4 cup powdered sugar
2 to 3 tablespoons maple syrup (for drizzling)

Preparation Time: 25 minutes

In a small saucepan, heat the milk until warm.

In a large bowl, combine the warm milk and the yeast. Stir until the yeast is dissolved. Let stand for 5 minutes.

Add the egg, 1/4 cup of the melted butter, two tablespoons of the maple syrup and the salt to the yeast mixture. Beat with a mixer on medium until combined. Add one-half the flour. Beat on low for 30 seconds, scraping the bowl as needed. Beat for 1 minute on medium. Stir in the remaining flour. Shape the dough into a ball (the dough will not be smooth). Place in a greased bowl. Turn once to grease the surface. Cover. Let rise in a warm place until nearly double in size (45 to 60 minutes).

Grease a 9x5-inch loaf pan. Turn the dough out onto a lightly floured surface. Roll the dough into a 20x12-inch rectangle. Brush the dough with 1/4 cup of the melted butter. Sprinkle the dough with pears, brown sugar and cardamom. Cut the rectangle in half lengthwise to make two 20x6-inch strips. Cut each strip crosswise into five 6x4-inch strips. Make two stacks of five strips each. Cut each stack into three 4x2-inch sections. Stagger the sections in the pan, cut sides up. Cover. Let rise in a warm place until nearly double in size (40 to 45 minutes).

Preheat the oven to 350 degrees. Bake for 45 minutes or until golden brown and an instant-read thermometer inserted near the center registers 200 degrees.

Cool in the pan for 10 minutes. Transfer to a serving plate.

In a bowl, stir together the powdered sugar and maple syrup to make a drizzling consistency. Drizzle over the loaf.

Per Serving (excluding unknown items): 301 Calories; 9g Fat (26.7% calories from fat); 5g Protein; 51g Carbohydrate; 2g Dietary Fiber; 40mg Cholesterol; 187mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1 1/2 Other Carbohydrates.