

CRESSIN BAGNARDE BY GÉRARD MICHELLOD

Ingredients (For one cressin loaf)

- 100 g water
- 10 g yeast
- 4 g salt
- 270 g white flour
- 45 g fine sugar
- 50 g eggs
- 30 g fresh butter
- 1.5 g ground cinnamon
- 1 g ground anise seed
- 0.5 g ground nutmeg
- 50 g yellow sultana raisins

Preparation:

Mix the flour with the salt and spices. Add the yeast, dissolved in water, and the softened butter. Knead the dough and incorporate the raisins 2 minutes before the end of the kneading process to avoid crushing them.

Cover with a damp tea towel and leave to ferment for one hour.

Shape the dough into a ball and slightly flatten it. Place on a baking sheet and cover with plastic film. After the fermentation time has passed, brush with egg and make lozenge-shaped incisions on the loaf with a knife. Sprinkle with crystallised sugar.

Bake in an oven preheated to 180°C for approximately 25 to 30 minutes.

As a festive or Sunday loaf, the cressin is to the natives of Valais what the madeleine was to Proust. The Michellod family prepares it fresh every day. Serve the cressin with butter. Gérard Michellod shares his father's recipe with you. Try it at home!

