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District 1 Cinnamon Luxury Bread

(Original bread recipe taken from

<http://zoomyummy.com/2011/07/23/cinnamon-sugar-pull-apart-bread/>)

District 1 is the district closest to the Capital's heart and the richest in all of Panem; they create many products that are then sent to the Capital such as gems and diamonds. Diamonds, however, are not the export that they are the most proud of. District 1 produces tributes to compete in the Hunger Games. In order to prepare their tributes for battle they must go through not only rigorous training programs, but also have the correct nutrition to give them energy. This bread is packed in carbohydrates to get them through their training, as well as proteins to facilitate muscle growth.

District 1 bread is considered a luxury bread because it is so different from the bread from other districts. Other district's bread isn't as sweet because their bread is their main sustenance of life. District 1, on the other hand, is a very rich district and doesn't have a food shortage; as a result, their bread is more of a treat than a main source of life. The sugar crystals sprinkled on the top also represents the diamonds and gems that are mined here in district 1.

District 1 Cinnamon Luxury Bread

- **Prep Time: 2 ½ hours** (including rise/rest time)
- **Bake Time: 30 minutes**

Ingredients:

For the dough:

- 2 2/3 c. all-purpose flour
- ¼ c. granulated sugar
- 2 ¼ tsp. instant dry yeast
- ½ tsp. salt
- 2 large eggs at room temp.
- 1/3 c. milk
- ¼ c. water
- 1 tsp. vanilla extract

For the filling/top:

- 1 c. granulated sugar
- 2 tsp. ground cinnamon
- ½ tsp. fresh ground nutmeg
- 2 oz. unsalted butter
- 1 c. pecans
- 3 tbsp. brown sugar
- 2 tbsp. large sugar granules

1. In a large bowl, mix flour, sugar, yeast, and salt. Set this mixture aside.
2. Mix eggs in a small bowl.
3. Melt butter and milk in microwave.
4. Add water and vanilla to milk/butter mix.
5. Pour milk mixture into dry ingredients. Add the eggs, then add $\frac{3}{4}$ cup of flour. Stir all ingredients together for 2 minutes. Knead into a ball for 10 minutes.
6. Grease a bowl add the dough; allow to rise for 1 hour.
7. Knead dough while adding 1 tbsp. of flour.
8. Place the dough onto a lightly floured work surface.
9. Prepare the filling: melt butter in a bowl. Roll out the dough to approx. $\frac{1}{4}$ inch thickness.
10. Mix the sugar with cinnamon.
11. Spread butter over the dough and sprinkle the sugar/cinnamon mixture over the dough.
12. Slice dough into six strips.
13. Stack the strips on top of one another and slice the stack into six equal slices once again. You'll have six stacks of six squares.
14. Grease and flour a 9x5x3-inch (22x12x8) loaf pan.
15. Layer the dough in the pan. Sprinkle pecans and brown sugar on the top. Cover and allow let rise for 1 hour.
16. Then bake in the preheated oven at 350 °F for 30 minutes or until the tops are golden brown.
17. Take out of the oven and let rest for 30 minutes.
18. Sprinkle sugar crystals on the top and enjoy!