



Días de los Muertos

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Sugar Skull Recipe

Important note: Don't make sugar skulls on rainy or humid days.

Ingredients:

- 1 lb. powdered sugar
- 4 egg whites
- 2 tbsp granulated sugar
- ½ tsp. cream of tartar
- A pinch of salt
- Cornstarch (enough to dust rolled balls with)
- Skull mold – you can purchase this from a specialty store

Directions:

1. In a medium bowl, beat four egg whites, slowly adding cream of tartar & pinch of salt until peaks form.
2. Add powdered sugar & work with hands to make a semi-firm paste. If mixture is too dry, add a small amount of water. If too moist, add more powdered sugar.
3. Roll into balls and dust with cornstarch.
4. Wrap balls in plastic wrap and refrigerate until cool.
5. Form skulls using the skull mold.
6. Allow to air dry overnight before applying icing or decorations.
7. For colored skulls, mix food coloring with water before adding to the mixture.

Icing ingredients:

- 3 egg whites
- 1 lb. powdered sugar
- ½ tsp. cream of tartar

Directions:

1. Using electric mixer, add cream of tartar to egg whites and mix until peaks forms.
2. Gently fold powdered sugar.
3. Add drops of food coloring if you wish.

Decorating:

- Handle skulls carefully while decorating. For piped icing, snip a corner off a quart-sized food storage bag. Fill half full of icing and softly squeeze to make designs.
- You can also use canned icing.
- Use coconut flakes (tinted with food coloring) for hair, eyebrows & whiskers.

San Bernardino County Museum

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.....recipes for *Dias de los Muertos* celebration continues.

Bread of the Dead (Pan de Muerto)

Ingredients

¼ cup milk
¼ cup (half a stick) margarine or butter, cut into 8 pieces
¼ cup sugar
½ tsp. salt
1 package dry yeast
¼ cup warm water
2 eggs
3 cups all-purpose flour
½ tsp. anise seed
¼ tsp. ground cinnamon
2 tsp. granulated sugar

Directions

1. Bring milk to boil and then remove from heat.
2. Stir in margarine or butter, ¼ cup sugar & salt.
3. In a large bowl, dissolve the yeast in warm water. Add the milk mixture.
4. Separate the yolk from one egg, and add the yolk to the mixture. Save the white for later.
5. Add the flour and blend well until dough ball is formed.
6. Flour pastry board very well and place the dough in the center. Knead until smooth.
7. Return the dough to the bowl and cover with dish towel. Allow the dough to rise for 1 ½ hour.
8. Knead the dough again on floured surface. Now divide the dough into fourths and set one fourth aside. Roll the remaining 3 pieces into “ropes”.
9. On the greased baking sheet, pinch 3 rope ends together and braid. Finish by pinching ends together at the opposite side.
10. Divide the remaining dough in half and form two “bones.” Cross and lay them atop the braided loaf.
11. Cover bread with dish towel and let rise for 30 minutes.
12. In a bowl, mix the anise seed, cinnamon & sugar together.
13. In another bowl, beat the egg white lightly.
14. When the 30 minutes are up, brush top of the bread with egg white & sprinkle with sugar mixture, except on the cross “bones”.
15. Bake for 35 minutes in a pre-heated 350° oven.

Makes 8 to 10 servings.