

# Little Lincoln's Fireside Tales – Día de los Muertos



## Delicious Día de los Muertos Treats

The Day of the Dead is all about spending time with and celebrating families. Gather yours and head to the kitchen to make these traditional Día de los Muertos goodies.

### Pan de Muerto

#### Ingredients

- 1 stick unsalted butter
- 1/2 cup milk
- 1/2 cup water
- 5-5 1/2 cups flour, divided
- 2 packages active-dry yeast
- 1 tsp salt
- 1 tbsp anise seed
- 1/2 cup sugar (Plus a little extra for sprinkling!)
- 2 tbsp orange extract
- Zest of one orange
- 4 eggs

#### Instructions

Original recipe at [MuyBuenoCookbook.com](http://MuyBuenoCookbook.com)

1. With the help of a grown up, heat butter, milk, and water in a saucepan until butter is melted. Do not boil.
2. In a separate bowl, combine 1/2 cup flour, yeast, salt, anise seed, and sugar. Slowly add the warm milk mixture along with orange extract, and orange zest until mixed. Add eggs one at a time, mixing thoroughly. Add 1 cup of flour. Continue adding flour until a soft but not sticky dough is formed.
3. Knead dough on a lightly floured surface for 10 minutes until smooth. Form the dough into a ball and have a grown up cut in 4 even pieces.
4. Place dough balls on a lightly greased baking sheet and cover lightly with plastic wrap. Set pan in a warm place and allow the dough to rise. This will take 1-1/2 hours.
5. Once the dough has risen, set one dough ball aside to use for decorating. Place this dough ball in a cool place to stop it from rising anymore.
6. Ask a grown up to preheat the oven at 350° F. Then take your reserved dough ball and shape small bits into the shape of bones. Place these on top of the other dough balls before baking.
7. Bake bread for 25-30 minutes. You will know bread is done if you tap it and it sounds hollow. While the bread bakes melt 1-2 tablespoons of butter.
8. Ask your grown up remove the baked bread from the oven and then brush the top of your bread with butter and sprinkle with sugar.
9. Let the bread sit and cool before eating.
10. Enjoy your Pan de Muerto with a delicious cup of *Atole*. Flip this page over for the recipe!

## Delicious Día de los Muertos Treats

### Mexican Atole

Original recipe at [CuriousCuisiniere.com](http://CuriousCuisiniere.com)

#### Ingredients

- 1/2 cup masa harina (flour made from dried corn kernels)
- 3 cups water
- 1/4 cup piloncillo or brown sugar (more if desired)
- 1 tsp cinnamon
- 1 tsp pure vanilla extract

#### Instructions

1. With the help of a grown up, use a medium saucepan to combine the masa harina, water, milk, piloncillo or brown sugar, and cinnamon.
2. Bring to a simmer over medium heat while whisking often.
3. Reduce heat and allow the mixture to simmer for 5-10 minutes, continuing to whisk.
4. Once you reach your desired consistency, remove the mixture from heat.
5. Whisk in the vanilla.
6. Serve hot or warm with just a pinch of cinnamon to garnish.
7. Enjoy with family and friends while remembering and celebrating loved ones.

