



**YIELD: 2 LOAVES,  
12 SLICES EACH**

## Twisted Double Cheese and Zucchini Loaf

SUSAN BICKTA, KUTZTOWN, PENNSYLVANIA  
2023 National Festival of Breads  
Say Cheese Category Honorable Mention

### INGREDIENTS

#### TANGZHONG

½ cup whole milk, room temperature  
3 tablespoons KING ARTHUR®  
Unbleached Bread Flour

#### ZUCCHINI AND CHEESE FILLING

2½ - 3 cups unpeeled, shredded zucchini  
(1 cup after squeezing dry)\*  
½ teaspoon salt  
½ teaspoon garlic powder  
1 teaspoon dried onion flakes  
¼ cup grated Parmesan cheese  
1 cup shredded whole milk mozzarella  
cheese

#### DOUGH

¼ cup warm water (110°F - 115°F)  
1 (¼-ounce) package active dry yeast  
2 tablespoons granulated sugar  
½ cup whole milk (110°F - 115°F)  
½ teaspoon salt  
2 ½ - 3 cups KING ARTHUR®  
Unbleached Bread Flour, divided  
2 teaspoons melted butter, optional (for  
top)

\*Approximately 2 medium zucchini

### DIRECTIONS

- For tangzhong:** In small saucepan over medium heat, whisk together milk and flour until no lumps remain. Cook, stirring constantly, until thickened, about 2 - 3 minutes. Remove from heat and let cool to room temperature.
- For filling:** In medium bowl, mix shredded zucchini and salt together. Place in a colander and let drain for 1 hour, then firmly squeeze to remove excess moisture. Measure 1 cup of zucchini. In a large bowl, mix together zucchini, garlic powder, onion flakes, Parmesan cheese and mozzarella cheese. Mix well and set aside.
- For dough:** In bowl of stand mixer fitted with dough hook, combine warm water, yeast and sugar; let proof 5 - 10 minutes. Stir in tangzhong, milk and salt; mix on low 1 - 2 minutes. Gradually add 2 cups flour. Knead on medium-low speed 8 - 10 minutes or until the dough is smooth and elastic, adding additional flour as needed. Place dough in greased bowl and turn to coat. Cover; let rise until doubled, about 90 minutes.
- To assemble:** Gently deflate dough and transfer to a lightly floured surface. Cover; let rest 10 minutes. Roll dough into a 12" x 12" square. Spread zucchini and cheese mixture onto dough and fold the top half of dough over bottom half, entirely encasing the filling. Cut into 12, 1-inch strips. Tuck into strips any filling that spills out when cutting.
- Generously coat with oil or nonstick cooking spray two 8 ½" x 4 ½" loaf pans. Place each strip flat on work surface and stretch slightly, twisting as you go. Roll each twisted strip into a "snail shape". Place 6 twisted pieces seam-side down into each prepared pan. Sprinkle any filling that spilled out evenly over tops.
- Cover; let rise in a warm place 30 - 40 minutes until doubled. While dough is rising, preheat oven to 350°F for metal pan or 325°F for glass pan. Bake 35 - 40 minutes or until golden brown and internal temperature is 205°F - 207°F. Transfer loaves to a rack and if desired, brush with melted butter.

**NUTRITION INFORMATION PER SERVING (1 SLICE, 41g):** 90 calories, 2g total fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 150mg sodium, 14g total carbohydrate, 1g dietary fiber, 2g total sugars, 4g protein, 2mcg folate, 1mg vitamin C, 0mg iron.