



Zopf

Makes 4 loaves of about half-pound each

9 cups of all-purpose flour
2 tablespoons or 2 packets of dried yeast
3 cups of milk (Tanner uses low-fat milk)
3/4 stick of butter
3 teaspoons of salt
1 teaspoon of sugar
1 egg yolk

Before you start, keep in mind a warm environment is a good prerequisite for making the Zopf. That means the yeast and the dough rise very well and will be a guarantee for the success of the bread.

- Warm up some milk in a cup in the microwave for 10 seconds. Then add the yeast and the sugar and mix well with a spoon. Wait for it to rise. It will rise, sometimes up to the rim. *Note: Milk must not be hot, just lukewarm.*

- Sift the flour. Make a hole in the middle and add 3 teaspoons of salt (and if you wish you can also add some sugar).

- Melt the butter in a pan and warm up 3 cups of milk (not hot, just lukewarm)

- Pour the risen yeast in the middle of the flour and then add the butter-milk mixture slowly and knead the dough very well, either by hand or with a kitchen mixer until the dough is nice and soft. If you need, add a little more milk to the dough. Place a damp cloth over the dough and allow it to rise for about an hour in a warm environment. During the winter, Tanner puts the dough in the oven and adds a large pan of hot water.

- Divide the dough into four equal pieces. Take each piece and divide it again into two pieces and make ropes. Braid the ropes and let them rest for another 10 to 20 minutes. Then paint them with the egg yolk and bake for 35 minutes on 420 degrees in a gas oven.

— Adapted by Suzanne Tanner

Tanner moved to the United States after meeting her husband, Mark, of Ottumwa, on a Christian Web site. They talked online and over the phone and finally met in person when Suzanne came to Iowa for a visit.

"I looked into his eyes and knew there was something nice about him," she said about their first meeting in December 2007.

She quit her job in Switzerland and planned her move to Ottumwa.

The couple was officially married last October. It was difficult for the couple because Tanner was not a U.S. citizen, so she could only stay for a few weeks at a time. She was able to apply for a fiancé visa, which allowed them to marry.

Tanner recently found out that she was approved for permanent residence status in the United States.

"What helped me the most with adapting was certainly the love of my husband, Mark, and my precious friends from church in Ottumwa and Fairfield," she said.

The Tanners run New Heart Ministries International, based out of Ottumwa. They host ministries locally at churches and nursing homes and travel to prisons to sing and preach.

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