

# EASTER FOLAR



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Fotos: Nuno Campos  
Chef: Fernando Fonseca

**SERVES: 8**

## INGREDIENTS

500g flour • 10g yeast • 50ml milk • 100g sugar • 50g lard • 25g soft butter • 5 eggs •  
50g honey • Zest of 2 lemons • 5g ground cinnamon • 3g ground anise • 200g light brown sugar to coat

## METHOD

Using half the flour, tepid water and the yeast and make a bread dough • Leave to rise • Combine the remaining ingredients and mix with the ground anise • Add the dough and mix together until you have uniform, elastic dough • Leave to rise • Roll out the dough as thin as you can over a smooth surface and sprinkle with light brown sugar, cinnamon, butter and lemon zest, before rolling up • Place in a greased tin and leave to rise a little • Bake in a medium oven (150°C) for between 50 minutes and one hour

**Tip:** The ideal tin for this folar should not be too wide; ideally it should be more high than wide • Remove from the tin while still warm, but only cut when fully cooled