

Kathleen Ernst  
WRITING AT THE INTERSECTION OF PEOPLE, PLACES, AND THE PAST  
cloud-studded blue sky.



## Frieda Frietag's Swiss Pear Bread Recipe

Dried pears were once a staple in rural Swiss kitchens, and many pear bread recipes made their way to the new world. Pear Bread is still common in Swiss-American enclaves such as Green County, WI. In *The Heirloom Murders*, Chloe Ellefson's friend Frieda Frietag serves it to guests. Her bread is hearty, moist and absolutely delicious. Enjoy!

1-3/4 c. diced dried pears (about 1½ lb.)	1 T. melted butter
1-3/4 c. mixed diced fruit of your choice (like dates, prunes, apples, or apricots)	2 pkg. dry yeast
9-10 c. flour (Frieda uses whole wheat, but white flour or a blend works too)	1 T. anise seed
½ c. chopped black walnuts	1 t. sugar
	1 T. honey
	2 t. salt

Chop dried fruit, place in a pan, cover with water, and simmer until fruit is soft, about fifteen minutes. Drain fruit, reserving the liquid. You can do this the night before, and let the fruit drain overnight. Add water to the drained fruit water as needed to make 3 c., and bring to lukewarm temperature. Dissolve yeast and 1 t. sugar in the liquid. Add honey, anise seed, butter, and salt. Add about 3 c. flour and beat with an electric mixer until smooth. Add the dried fruit and walnuts. Continue adding flour gradually until the dough is of kneading consistency—soft, but dry enough to handle. Knead until dough is light and elastic, using your hands or a heavy-duty mixer with a dough hook.

Cover the dough with a damp towel and let dough rest for 15 minutes. Knead dough again for about 10 minutes. Put dough in a large, greased bowl. Cover and let rise in a warm place for about two hours. Punch dough down with your fist several times. Cover and let rise again for about an hour. Preheat oven to 350 degrees. Divide dough in half, shape into loaves, and place each into a well-greased bread pan. Bake at 350 degrees for about an hour, or until a straw inserted into loaves comes out dry. Remove from pans and cool on racks. Keep bread in refrigerator. These loaves also freeze well.

Note from Kathleen: I tried a number of pear bread recipes, old and new. Some bakers use different combinations of dried fruit, including citron, pineapple, and apricots. Some roll their dough and fold it over the fruit filling. Some have created quick bread recipes that don't use yeast. I'm grateful to all the bakers who generously shared their recipes.



*Chloe Ellefson delights in losing herself in antiques and folk traditions, and forgetting about her messy love life—until murder comes to Old World. This award-winning sequel to Old World Murder finds Chloe and Eagle police officer Roelke McKenna caught in a dangerous mystery involving the legendary Eagle Diamond, Swiss green cheese, heirloom seeds, —and old-fashioned greed.*

*The Heirloom Murders* is the second book in Kathleen's Chloe Ellefson Historic Sites mystery series from publisher Midnight Ink. It is available through independent booksellers and from Amazon and Barnes & Noble, as a trade paperback and for the Kindle and Adobe eBook capable devices like the Nook.