

# Cracked-Wheat Topknots

 Vegetarian

READY IN



32040 min.

SERVINGS



24

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2.3 teaspoon yeast dry (a)
- 0.5 cup cracked wheat (also called cracked wheat)
- 1 large egg whites with 1 tablespoon water for egg wash beaten
- 3 cups flour all-purpose plus more for kneading and dusting
- 1 tablespoon honey
- 1.5 tablespoons sea salt (preferably Maldon)
- 1 tablespoon salt divided
- 1 stick butter unsalted cut into pieces

- 0.3 cup water (105-115°F)
- 1.5 cups water
- 1.5 cups milk whole
- 1.5 cups flour whole-wheat

## Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- sieve
- plastic wrap
- wooden spoon
- kitchen towels
- spatula

## Directions

- Stir together boiling-hot water, bulgur, and 1/2 teaspoon table salt in a small bowl and let stand until bulgur is tender, about 40 minutes.
- While bulgur soaks, heat milk with butter in a small saucepan over low heat just until butter is melted.
- Stir together yeast, warm water, and honey in a large bowl and let stand until foamy, about 5 minutes. (If mixture doesn't foam, start over with new yeast.)
- Add flours and remaining 2 1/2 teaspoons table salt to yeast mixture.
- Drain bulgur in a sieve, then mix bulgur and milk mixture into flour mixture with a wooden spoon or rubber spatula until a sticky dough forms.
- Turn out dough onto a well-floured surface and knead, dusting surface and your hands with just enough flour to keep dough from sticking, until dough is elastic and almost smooth, 6 to 8 minutes. Form dough into a ball.

- Put dough in an oiled large bowl and turn to coat. Cover bowl with plastic wrap and a kitchen towel and let dough rise in a draft-free place at warm room temperature until doubled, 2 to 2 1/2 hours.
- Line 2 large baking sheets with parchment paper.
- Punch down dough (do not knead), then halve.
- Cut half of dough into 12 equal pieces (keep remaining half covered with plastic wrap).
- Roll each piece into a 12-inch-long rope with floured hands (flour surface only if dough is sticky). Make a loop with each rope, wrapping it around fingers of one hand, then knot dough twice through loop, leaving 1 end in center on top and tucking bottom end under.
- Transfer to a baking sheet, arranging rolls 2 inches apart.
- Make more rolls with remaining dough, transferring to second sheet. Cover rolls with a kitchen towel (not terry cloth) and let rise in a draft-free place at warm room temperature until doubled, 1 to 1 1/2 hours.
- Preheat oven to 375°F with racks in upper and lower thirds.
- Brush rolls with egg wash and sprinkle with sea salt.
- Bake rolls, switching position of sheets halfway through, until golden brown, 20 to 25 minutes total.
- Transfer rolls to a rack to cool at least 20 minutes.
- Rolls are best the day they're made but can be frozen (cool completely, then wrap well) 1 month. Thaw, then reheat on a baking sheet in a 350°F oven until warmed through, 5 to 10 minutes.

## Nutrition Facts

■ PROTEIN **10.6%** ■ FAT **30.48%** ■ CARBS **58.92%**

### Properties

Glycemic Index:6.89, Glycemic Load:9.27, Inflammation Score:-3, Nutrition Score:5.263912945095%

### Nutrients (% of daily need)

Calories: 139.45kcal (6.97%), Fat: 4.81g (7.4%), Saturated Fat: 2.76g (17.26%), Carbohydrates: 20.93g (6.98%), Net Carbohydrates: 19.27g (7.01%), Sugar: 1.54g (1.71%), Cholesterol: 11.95mg (3.98%), Sodium: 736.82mg (32.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.53%), Manganese: 0.42mg (20.8%), Selenium: 10.58µg (15.11%), Vitamin B1: 0.2mg (13.41%), Folate: 38.93µg (9.73%), Vitamin B2: 0.13mg (7.66%), Phosphorus: 71.98mg

(7.2%), Vitamin B3: 1.43mg (7.16%), Fiber: 1.66g (6.62%), Iron: 1.11mg (6.19%), Magnesium: 16.15mg (4.04%), Copper: 0.06mg (2.97%), Vitamin A: 143.04IU (2.86%), Zinc: 0.4mg (2.67%), Calcium: 25.99mg (2.6%), Vitamin B6: 0.05mg (2.57%), Potassium: 84.97mg (2.43%), Vitamin B5: 0.22mg (2.18%), Vitamin D: 0.24µg (1.59%), Vitamin B12: 0.09µg (1.53%), Vitamin E: 0.18mg (1.2%)