

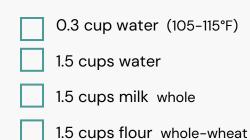
Cracked-Wheat Topknots

🕭 Vegetarian



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



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 11/2 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: Og (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%)