

Cheddar Herb Knotted Rolls

Makes 2 dozen

Ingredientes:

3 ½ to 4 cups all-purpose flour
1 ½ cups (6 ounces) shredded sharp Cheddar cheese
1 tablespoon dry yeast*
1 ¼ cups milk
¼ cup sugar
½ teaspoon salt
1 egg
1 ½ tablespoons dried herbs, such as dill, parsley, rosemary, and thyme
Freshly grated Parmesan cheese for topping



Equipment Needed:

An electric stand mixer with paddle attachment; a small saucepan; a large baking sheet

Directions:

Combine 1 cup of the flour, the Cheddar cheese and yeast in the bowl of an electric stand mixer fitted with a paddle attachment and mix well by hand. Heat the milk, sugar, and salt in a small saucepan to 105 to 115 degrees on a thermometer. Pour into the flour mixture. Beat at low speed for 30 seconds. Scrape down the side of the bowl. Add the egg and beat at high speed for 3 minutes. Beat in enough of the remaining flour to form a stiff dough. Knead in the herbs and additional flour as needed on a floured surface for 10 minutes or until the dough is smooth and elastic. Shape into a ball. Place in a greased bowl, turning to coat the surface. Cover with a damp towel. Let rise in a warm draft-free place for 40 minutes or until doubled in bulk.

Place the dough on a lightly floured surface and divide into two equal portions. Roll each portion into a cylinder. Cut each cylinder into twelve equal pieces. Roll each piece into a cylinder, tie into a knot. Place on a large baking sheet. Let rise for 20 to 25 minutes. Preheat the oven to 375 degrees. Sprinkle the rolls with Parmesan cheese. Bake for 10 to 12 minutes until golden brown.

Notes:

*If using yeast in a package, please check the label carefully. Some brands have 2 teaspoons of yeast per package while other brands have 3 teaspoons (1 tablespoon) of yeast per package.

These rolls freeze well. Simply thaw and reheat.

Recipe from *Herbal Cookery From the Kitchens and Gardens of the St. Louis Herb Society*, The St. Louis Herb Society, 2009, page 64.