

Recipe
Yogurt Knots

By
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Ingredients

- 1 C whole wheat flour
- 1 C all purpose flour
- ¼ oz or 7 gm active dry yeast
- 1 Tsp salt
- 2/3 C yogurt
- 1 Tbsp butter
- ½ Tsp honey

Preparation

1. In a large mixing bowl, combine the whole wheat flour and ½ C all purpose flour, salt and yeast.
2. In a saucepan, combine yogurt, butter and honey, heat until warm. Add to the dry ingredients. Beat well. Add the remaining flour to form a soft dough.
3. Turn onto a greased surface; knead well until elastic about 5-7 minutes. Place in a greased bowl. Cover and let rise in a warm place until doubled in size, about 1 hour.
4. Punch down the dough. Turn onto a lightly floured surface and divide the dough into 10 equal balls. To form knots, roll each ball into a 6-7 inch rope; tie into a knot. Tuck and pinch ends together. Repeat for the remaining balls.
5. Place the rolls on a greased baking sheet with seam side down. Cover and let rise until doubled, about 45 minutes.
6. Bake at 375 F/190 C for 15-20 minutes or until golden. Remove from pans to wire racks to cool. Brush with oil or butter if desired. Serve with soup or salad. Being handy to eat, they are great for traveling.

Yield

10 Rolls

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