



Cinnamon Knots

This recipe is adapted from one by Sophie Hansen from Local is Lovely. Not only are these sweet treats absolutely delicious but your kitchen will smell unbelievable for hours after you have baked!

Ingredients

For the dough

- 50g fresh yeast
- 2 cups whole milk, lukewarm
- 1 egg
- 6 cups plain flour
- 1/2 cup caster sugar
- 2 tsp ground cardamom
- 1 tsp ground cinnamon
- 1/2 tsp sea salt
- 150g butter, softened & grated or cut into small cubes

For the filling

- 150g butter, softened, 3 tbsp ground cinnamon & 3/4 cup caster

For the egg wash

- 1 egg, 2 tbsp cream & 4 tbsp golden caster sugar

Optional cream cheese glaze

- 125g cream cheese at room temperature, 1 cup sifted icing sugar mixture, 60g unsalted butter at room temperature and 1 tsp vanilla extract.

Method

1. For the dough, crumble the yeast into a large mixing and pour over the warm milk. Mix for a couple of minutes with the dough hook if you are using a stand mixer or with a fork if you will be kneading the dough yourself (which I must say I prefer).
2. Add the egg, flour, sugar, spices, salt and butter. Bring together and knead, either by hand or with your dough hook for five minutes. This is a particularly sticky dough, but should, at the end of this time, be smooth and shiny too. Transfer to a lightly oiled bowl, cover with a tea towel and set aside in a warm place for one to two hours.
3. Once the dough has doubled in size, prepare the filling. You need to place the butter, sugar and cinnamon in the bowl of your electric mixer and beat until pale and creamy.
4. To assemble the knots; roll the pastry out onto a lightly floured work surface so you have a large rectangle, about 30x40cm. Spread the cinnamon filling lengthways across the bottom half of the dough, then fold the top half down over the bottom so you have a rectangle about 15x40cm. Cut the mixture down into strips about 2cm thick each (you will end up with 20 knots).
5. Take the first strip and wrap it around your four fingers twice, as you would with string if you were tidying up into a loose knot. Bring the end through the centre of the knot and pull through so you have a round, knot shape.
6. Arrange the knots on a baking tray, with a few centimetres between each so they have room to increase in size while cooking. Set the knots aside to rest for a final 30 minutes. (you could easily leave them anywhere up to 2 hours as the dough is very forgiving).
7. Once you are ready to begin the actual cooking, preheat the oven to 160C fan forced or 180C conventional. Just before placing the knots in the oven, prepare the egg wash by whisking together the egg and cream and brush this gently over the knots. Then sprinkle the golden caster sugar over the knots. Place the tray in your oven to cook for 25 minutes or until the buns are golden.

(To make the cream cheese glaze, beat together all the ingredients in a medium bowl until smooth. I like to use a hand held mixer to do this so that the glaze becomes extra smooth and creamy. Spread the glaze on top of the knots once they have slightly cooled down and serve warm or at room temperature).