

Recipe

Cinnamon Knots

Makes 12 Knots



Ingredients

For the Dough:

- 1 cup warm water (at least 110 deg F)
- ½ cup melted salted butter
- 2 eggs
- 4 ½ cups flour
- ½ cup sugar
- ½ teaspoon salt
- 2 ¼ teaspoons active dry yeast

For the Filling:

- ⅓ cup packed brown sugar
- ⅓ cup granulated sugar
- 1 ½ teaspoons cinnamon
- Pinch of nutmeg
- 3 Tablespoons melted salted butter

For the Cinnamon Topping:

- 3 Tablespoons brown sugar
- 3 Tablespoons granulated sugar
- 1 teaspoon cinnamon
- 3 Tablespoons melted salted butter

For the Icing:

- 1 ½ cups powdered sugar
- 2 Tablespoons melted salted butter
- 1 teaspoon Vanilla extract
- 3+ Tablespoons cream/half & half/milk

Directions

1. **For the Dough:** Prepare dough in your bread machine. All bread machines are slightly different, but dough is prepared in my bread machine, by first putting in all liquid/wet ingredients, then putting in dry ingredients. I heat water in the microwave for about 1 minute, to a temperature of around 120-130 deg F. (This slight over-warming compensates for the drop in temperature when the water gets added to other ingredients.) Yeast should be added last, by

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- making a well in your dry ingredients. Once all ingredients are in the bread machine, program to “Dough”, then “Start” cycle. On my bread machine, I am sure to scrape down the sides with a rubber spatula during the first couple of minutes to ensure all ingredients are thoroughly combined.
- 2. Make the Filling:** When dough is nearly finished, make the filling by melting 3 T of butter, and mixing it with ½ c packed brown sugar, ½ c white sugar, 1½ t cinnamon, and a healthy pinch of nutmeg. Set aside.
 - 3. Shape the Knots:** Your bread machine will indicate when the dough is ready, and has undergone its first rise. My machine takes 90 minutes. At this time, remove dough to a lightly floured surface, and divide it into quarters, then section each quarter into 3 pieces. You should end up with 12 pieces total. Roll each piece and begin to flatten and shape into 12 rectangles, each measuring approximately 7”x3”. Divide filling evenly amongst the flattened rectangles of dough--apply filling in the centers, leaving edges free from filling, so they can seal better. Now fold/roll each rectangle of dough around the filling. Start with the long, top edge, folding it down over the filling, and pulling the long, bottom edge over the top of the top edge. Pinch to seal as best as you can. You are wanting to enclose the filling. Crimp the outer, short edges together--you can fold these over by about 1 centimeters. Each piece of filled dough will be the thick “ropes” you knot. Twist each one into a very basic overhand knot. To do this, hold your dough “rope” by each end and create a loop, crossing the ends over each other. Then pull one end through the loop. Not a big deal if the knots open and reveal some of the filling--it will just be a little messier upon baking.
 - 4. Coat knots with Cinnamon Topping:** Brush knots with melted butter and liberally dust with cinnamon sugar mixture. Make sure all of the butter and sugar make it onto the knots.
 - 5. 2nd Rise:** Place knots onto parchment-lined baking sheets, leaving a couple inches in between each knot. Put in a warm place, cover and allow to rise for approximately 1 hour.
 - 6. Preheat oven to 350 degrees F.**
 - 7. Bake:** Bake knots for 21-25 minutes, until tops and bottoms are golden brown. 15 minutes into baking, rotate baking sheets and check on the knots. If any of the cinnamon-sugar-butter mixture seeps out of the knots, use a butter knife to scoop this caramelly goodness on to the tops of the knots--it makes them even better! Repeat this step when you remove the knots from the oven when they are done.
 - 8. Drizzle with Icing:** While the knots are cooling, make your icing by melting butter, adding powdered sugar, and then mixing in vanilla and cream, half & half, or milk. Amount of milk depends on how thick you would like the icing. If the icing is too thick, however, it will be prone to falling off the knots as it dries. Drizzle icing onto knots after they have cooled almost completely to prevent melting and get picture-perfect results.
 - 9. Store at room temperature in an airtight container for best results. ENJOY!**

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