

SKILL LEVEL



PREP
30
MINS

PROVE TIME
80-120
MINS

BAKE TIME
15-20
MINS

MAKES
12

IN THE KIT

Bag 1: 125g wholemeal bread flour,
75g light brown sugar, 10g salt

Bag 2: 270g strong white flour

Bag 3: 270g strong white flour

Bag 4: 10g yeast

Bag 5: 20g pumpkin seeds

Flour for dusting: 50g strong white flour

2 x A4 baking paper

YOU WILL NEED

200ml milk
45g unsalted butter, plus extra for greasing
2 medium eggs (1 whole egg + 1 egg yolk)
100ml water

2 x baking trays
Pastry brush

STORAGE

Store in an airtight container in a cool,
dry place. Alternatively, store in the freezer
for up to 3 months.

INGREDIENTS

Strong white bread flour (**wheat** flour, calcium, carbonate, niacin, iron, thiamin), wholemeal bread flour (**wheat**), light brown sugar (sugar, cane molasses), pumpkin seeds (2%), yeast (yeast, emulsifier (sorbitan monostearate)), salt (salt, anti-caking agent (sodium ferrocyanide)).

Nutritional info	Per 100g (as sold)
Energy kJ/kcal	1434kJ/343kcal
Fat	2.5g
of which saturates	0.2g
Carbohydrate	67g
of which sugars	10g
Protein	13g
Salt	1.2g

Allergens:

For allergens see ingredients in **bold**.

May contain: **milk, soya, tree nuts, sulphites,**
and other cereals containing **gluten**.

Best before:

See sticker.

Suitable for vegetarians.

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Baked In Ltd.
Office 112, Slington House,
Rankine Road, Basingstoke,
Hampshire, RG24 8PH



800g



Pumpkin Seed KNOTS



Serving suggestion





1. Grease a large bowl and leave to one side. In a small saucepan, bring 200ml of milk to a simmer. Remove from the heat and add 45g of butter, and mix together until the butter has melted. This can also be done in the microwave.



2. In a clean large bowl (not the greased bowl), add the wholemeal bread flour, light brown sugar and salt (**bag 1**). Pour the milk and butter mixture over the dry ingredients and mix until smooth. Allow the mixture to cool slightly.



5. Once proved, tip the dough out onto a clean surface and knead for a few seconds to knock the air out. Divide into 12 even portions. To shape the dough, roll each portion into a rope, roughly 20cm long and tie into a simple knot, tucking the ends underneath. This dough can also be shaped into rolls if you prefer.



6. Put onto the prepared baking trays leaving plenty of space between each knot as they will increase in size. Cover loosely with cling film or a damp tea towel and allow to prove in a warm place for a further 20-30 minutes or until doubled in size.



3. Add the strong white flour (**bag 2** and **bag 3**), yeast (**bag 4**), and 1 whole egg. Gradually add up to 100ml of lukewarm water (if you have a thermometer this is to about 40°C). If the water is too hot, the dough will not rise. You may not need all the water. Use a wooden spoon or your hands to mix to a soft, slightly tacky dough. If the dough is too dry, add additional water 1 tsp (5ml) at a time.



4. Lightly dust a clean surface with some of the **flour for dusting** and tip the dough out. Knead for 8-10 minutes or until smooth and elastic. Transfer the dough to the greased bowl and cover loosely with cling film or a damp tea towel. Leave to prove in a warm place for 60-90 minutes or until doubled in size. Line 2 baking trays with the provided baking paper, and leave to one side.



7. Preheat the oven to 200°C/180°C Fan/Gas Mark 6. Once the knots have doubled in size, mix an egg yolk with 1 tsp of water and brush over the tops of the knots. Sprinkle over the pumpkin seeds (**bag 5**).



8. Bake for 15-20 minutes or until golden brown and the base of the knots sound hollow when tapped. Leave to cool on a wire rack for 15 minutes before eating.

SERVING SUGGESTION:

Serve with a hearty bowl of warming butternut squash soup.

