THE J.M. SMUCKER Co

Butter Maple Crunch Knots

Prep Time	Cook Time	Serves	Difficulty
1 hr	20 mins	8	N/A

Ingredients

- **Dough:**
- 1 cup (250 mL) warm water 100-110°F (38-43°C)
- 1 tsp (5 mL) active dry yeast
- 2 cups (500 mL) **Robin Hood®** 00 Style Pizza Flour

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- 1 tsp (5 mL) salt
- **Assembly:**
- 1/4 cup (50 mL) butter
- 1/4 cup (50 mL) maple syrup
- 3 tbsp (45 mL) natural turbinado sugar

Directions

Step 1:

Preheat oven to 400°F (205°C). Line a baking sheet with parchment paper.

Step 3:

Combine water and yeast in large bowl of electric mixer. Let sit until frothy, about 2 minutes. Add flour and salt. Beat on low speed 1 minute, increase to medium high and beat 2 minutes. Dough will be sticky. Remove to greased bowl. Cover with plastic wrap and tea towel. Let rise in warm place 45-60 minutes or until doubled.

If the dough is too sticky, very generously flour the counter and surface of dough and knead in gently until absorbed and easier to handle.

Step 4:

Punch down on lightly floured surface, cover with tea towel and let rest 5 minutes.

Step 5:

Place butter and maple syrup in microwave safe bowl. Heat on high until mixture bubbles, about 30 seconds. Stir to combine, set aside.

Step 6:

Divide dough into 8 pieces and roll each into a 6-8” rope. Tie rope to form knot. Tuck ends underneath. Place on prepared pan. Cover with tea towel and let rise in warm place, 30-45 minutes or until puffy.

Step 8:

Brush knots liberally with maple butter mixture, reserving some for later. Sprinkle with sugar.

Step 9:

Bake in preheated oven 15 minutes, brush with remaining mixture, and continue baking another 3-5 minutes, or until an internal temperature of 190°F (88°C). Serve warm.

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