



Marithé's delicious recipes

Brioche knots (EGG FREE)

PREPARATION : 20 MIN. RISING TIME : 5 HOURS. COOKING : 20 MIN.

INGREDIENTS

- 20 g brewer's yeast,
- 625 g wheat flour + flour for the baking sheet,
- 15 g caster sugar,
- 2 pinches of fine salt,
- 125 g softened butter + butter for the baking sheet,
- 20 cl. milk.

INSTRUCTIONS

- Crumble the yeast and mix it with 2 tablespoons of lukewarm water (temperature 37°). Add 125 g flour, mix well and leave the leaven to rise for 2 hours, covered with a tea cloth and away from draughts. It should double in volume.
- On the worktop, put the rest of the flour, sugar, salt and butter cut into small pieces.
- Knead the dough, moistening it gradually with the milk. You should obtain an elastic but firm dough.
- Incorporate the leaven and leave to rise for 2 hours.
- Divide the dough into pieces the size of a mandarin orange.
- Roll each piece into a sausage shape on a floured worktop. Form them into «knots». As you make them, put them onto a baking sheet, previously lined with a greased and floured sheet of greaseproof paper.
- Leave to rise again for another hour .
- Bake in a hot oven (210°, gas mark 7) 8 to 10 min. Lower the temperature (150°, gas mark 5) and continue cooking for 10 min.
- Remove the knots with a spatula and let them cool down on a wire rack.
- Make a little golden caramel (100 g of sugar + 2 tablespoons of water, 5 min over a low heat) and spread over the knots using a teaspoon.
- You can add a little cocoa to the dough.

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