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Knish Bread

By Gemalli Austin, DrPH, RD

Knish Dough Ingredients

- 2 cups (unbleached) all purpose flour
- 2 cups whole wheat flour
- 1 teaspoon salt
- 1 1/4 cup Lukewarm water
- 2 teaspoons of yeast
- 2 Tablespoons of honey
- 2 Tablespoon of olive oil

Filling Ingredients

- 1 large onion (or 2 mediums)
- Salt to taste
- 4-5 medium potatoes (2 lbs)

Instructions

Knish Dough:

1. In a large mixing bowl (or the bowl of a stand mixer), stir together the flour, yeast, salt, honey, olive oil, and a small amount of water until a rough dough forms.
2. Turn the dough out onto the countertop and begin kneading, adding more water 1 tablespoon at a time if needed. Knead for 8 to 10 minutes or until it forms a smooth ball and feels like it has some elasticity. (If you're using a stand mixer, knead with the dough hook for 5 to 6 minutes.)
3. Transfer the ball of dough to a lightly oiled bowl or proofing container, cover, and allow it to stand at room temperature for 30 minutes.

Potato Filling:

1. Peel and chop the potatoes into medium chunks and steam or boil water until soft.
2. Dice the onion. Add to a pan and sauté with water and add water as needed, cook until onions are golden brown.
3. Once the potatoes are ready, add the potatoes to a bowl and mash either using a fork, a potato masher, or an immersion blender until you get the consistency you desire.
4. Then add in the onion and salt.

Bonus Tips

Assembling Knish:

1. Cut into rounds 3 1/5 inches (9 cm) in diameter.
2. Because the dough is elastic and springs back, pull it a little to stretch it again.
3. Place 1 Tablespoon of filling in the center of each round, then fold over and pinch the edges together firmly to seal them.
4. Bake for 20-30 minutes at 350 degrees Fahrenheit. (I like to place mine in the air-frier for another 5-7 minutes in the end to toast the edges.)