



GARLIC PARMESAN BUNS

YIELDS: 18-20 BUNS

These cheesy, garlic pull-apart buns are the perfect party snack for company. If the smell doesn't win them over, their buttery and fluffiness absolutely will.

Change the flavor profile of these buns by switching out the spices and the cheese - swapping the garlic for smoked paprika and the parmesan for cheddar is another tasty alternative.



Ingredients

- ¼ cup lukewarm water
- 8 tsp sugar, divided
- 2 ¼ teaspoons active dry yeast
- 3 ½ cups Anita's Organic All Purpose Flour
- 1 ¼ tsp salt
- ¾ cups lukewarm whole milk
- 1 egg, room temperature
- ¼ cup unsalted butter, melted
- ⅓ cup melted butter
- 2 tbsp finely chopped fresh parsley
- 2 cloves minced garlic
- ½ tsp dried oregano
- ¼ tsp salt and pepper
- ⅓ cup grated parmesan cheese

Instructions

1. Preheat oven to 400, lightly grease a cast iron skillet and set aside.
2. Combine the warm water with 2 tsp sugar in a small bowl. Stir in the yeast and let stand for about 10 minutes till the yeast is foamy.
3. In another bowl whisk together the flour, remaining sugar and salt and set aside.
4. In the bowl of a stand mixer add in the milk, egg and melted butter. Using the dough hook attachment mix until combined, about 1 minute. Once combined add in the yeast and flour mixtures. Mix on low speed for about 4-6 minutes until a soft dough forms. (This step can also be done by hand by mixing the ingredients in a bowl with a wooden spoon until a saggy dough begins to form. From there turn the dough out onto a floured surface and knead by hand for about 8 minutes until smooth and elastic.)
5. Place the dough in an oiled bowl and cover with a clean tea towel. Let rise for about 1 ½ or until the dough has doubled in size.
6. Punch down the dough to remove the air, turn out onto a floured surface and knead for a minute.
7. Roll the dough out into a log and divide into 18-20 pieces. Roll each piece into a ball and set aside.
8. In a bowl mix together the melted butter and herbs. Dip each ball in the mixture until coated and arrange in the cast iron pan. Drizzle with remaining butter and parmesan cheese.
9. Cover once again and let rise for a further 20 minutes until doubled in size.
10. Bake for 18-20 minutes until golden brown. Serve warm.

DID YOU MAKE THIS RECIPE? Tag [@anitasorganic](#) on Instagram and hashtag it with [#makeitwithanitas](#)

Find more recipes at anitasorganic.com/recipes