

## Cheddar Twists-from The Frugal Girl

makes 18

3-3.5 cups flour  
3 tablespoons sugar  
2 packages (4 1/2 teaspoons) active dry yeast  
1.5 teaspoons salt  
1.5 cups milk  
1.5 cups shredded sharp Cheddar cheese (6 ounces)  
1 egg, lightly beaten

In a mixing bowl, combine 2 cups flour with the sugar, yeast, and salt. Heat milk to 120 degrees, and add to dry mixture. Beat for 3 minutes. Stir in shredded cheese and enough remaining flour to make a soft dough.

Turn out onto a floured surface and knead for 3-5 minutes, or until smooth and elastic. Place dough in bowl, cover with a wet tea towel, and let rise in a warm place 1 hour.

Punch dough down, divide into 18 pieces, and roll each piece into an 8-10 inch rope. Fold each rope in half, and twist 2-3 times. Place twists on a greased baking sheet, cover with a wet tea towel, and let rise 20-30 minutes, or until doubled.

Brush twists with beaten egg, and if desired, sprinkle with shredded Parmesan cheese.

Preheat oven to 350 degrees, and bake twists 12-15 minutes, or until lightly browned. Cool on wire rack.

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