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Garlic Knots Recipe

Prep time: 2 ½ hours

Cook time: 10 – 12 minutes

Makes 1 dozen garlic knots

HERE IS WHAT YOU NEED:

Dough:

¾ cup warm water – warm to the touch, not hot

2 teaspoons yeast

1 teaspoon sugar

1 ¾ all-purpose flour + extra

4 tablespoon olive oil (divided)

1 teaspoon salt

4 tablespoons salted butter

5 cloves garlic, minced – or two teaspoons minced or one teaspoon granulated garlic.

2 teaspoons dried or fresh parsley (optional)

HERE IS HOW YOU DO IT:

In a large bowl, add water, yeast, and sugar. Let mixture sit for 5 minutes until it becomes foamy. Then add flour, 2 tablespoons olive oil, and salt. Mix until dough forms. Coat dough with flour, return dough to the bowl, and cover in plastic wrap and a towel in a warm place. Wait until it doubles in size, or about one hour. Line one baking sheet with parchment paper, gently grease, and set aside. Take one half of the dough and cut it in half. Working with one piece at a time, flatten into a rough rectangle about 6 inches long and 1/2 inch thick. Using a sharp knife or pizza cutter, cut into strips of 1 inch and 5 inches long. Roll into a snake stretching the dough; then carefully knot the dough. Continue this process until all 12 garlic knots are formed. Place them on the baking sheet. Cover loosely with plastic wrap and a towel. Let rest for an additional 60 minutes. Preheat oven to 400 degrees and bake until slightly brown on top, or for 10 – 12 minutes. Let stand for five minutes.

While the knots are still baking but almost done, in a small sauce pan over low to medium flame or in a microwave-safe bowl covered with plastic wrap, heat remaining oil, butter, garlic and parsley (optional). Heat just until warm. Then place warm knots in a large bowl., and pour garlic butter mixture over the knots. Using tongs or two spoons, toss to coat. Enjoy!