

Garlic Knots

Ingredients

- 1 1/3 c Warm Water
- 2 1/4 t Yeast (1 packet)
- 1 T Sugar
- 2 T Olive Oil
- 1 t Salt
- 1/2 t Garlic Powder
- 3 1/2 c Flour
- 5 T Unsalted Butter (melted)
- 3 clv Garlic (mined)
- 1 t Italian Seasoning
- 1/4 c Parmesan (grated)
- 2 T Parsley (chopped)

Instructions

1. Whisk the warm water, yeast, and sugar together in the bowl of your stand mixer fitted with a dough hook. Allow to rest for 5 minutes. Add the olive oil, 3/4 teaspoon salt, garlic powder, and half of the flour. Beat for 15 seconds, then add the remaining flour. Beat on low speed for 2 minutes.
2. Turn the dough out onto a lightly floured surface. With lightly floured hands, knead the dough for 3-4 minutes. After kneading, the dough should still feel a little soft. Poke it with your finger – if it slowly bounces back, your dough is ready to rise. If not, keep kneading. Lightly grease a large bowl with nonstick spray. Place the dough in the bowl, turning it to coat all sides in the oil. Cover the bowl with plastic wrap. Allow

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the dough to rise at room temperature for 1-2 hours or until double in size.

3. When the dough is ready, punch it down to release the air. Using floured hands on a lightly floured work surface, shape the dough into a 16"–5 inch log. Using a pizza cutter slice into 16 1-inch strips. Roll each strip into 8 inch ropes.

Tie each into knots. You can tuck the two ends of the knots underneath the knot. Arrange the knots on 2 parchment lined baking sheets.

4. Lightly cover the shaped knots and let them rest for at least 30 minutes and up to 45 minutes. They will slightly puff up during this time, producing softer rolls. Towards the end of the rise time, preheat oven to 400°F.

5. Stir the melted butter, garlic, Italian

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seasoning, and 1/4 teaspoon salt together. Brush on the knots. Reserve the rest of the topping.

6. Bake for about 20-23 minutes or until golden brown on top. Remove from the oven and brush the warm knots with remaining garlic butter. Sprinkle with parmesan cheese and parsley. Serve plain or with marinara sauce for dipping.

7. Cover and store leftover knots at room temperature for up to 2 days or in the refrigerator for up to 1 week. Freeze baked and cooled knots for up to 3 months. Thaw on the counter, then reheat as desired.