

# Garlic Knots

## Ingredients

Dough (makes about 40 garlic knots):

5½ cups all-purpose flour

1¾ cups warm water ¼ cup olive oil

1½ tablespoons active dry yeast

1 tablespoon granulated sugar

1 teaspoon sea salt

For the Garlic Coating:

Note: in the picture above the knots are seasoned with rosemary, but the second time around I realized they are much better seasoned with the parsley.

2 tablespoons olive oil

2 tablespoons unsalted butter

4 cloves of garlic, finely minced

¼ cup finely chopped fresh Italian parsley

## Instructions

Measure the flour into a large bowl; set aside. Combine the water, olive oil, yeast, sugar and salt in a large, 4-cup measuring cup or in a small bowl, mixing to dissolve the yeast. Pour the water mixture over the flour and mix with a wooden spoon until all of the flour is moistened. Turn the dough out onto a lightly floured surface and knead for a minute or two, adding additional flour or water if the dough it is too sticky or dry, until soft and just slightly tacky. Place the dough in a well-oiled bowl, cover with plastic wrap, and place in a draft-free area until doubled in size (this can take anywhere from 1 to 3 hours).

Line three baking sheets with parchment paper or silicone baking mats and set aside. Working on a pastry mat or clean counter top, oil the surface, your hands and a rolling pin. Divide the dough into two. Take the first half and gently press down on it, flipping it over and doing the same, to release gasses and flatten it. Using the rolling pin or your

hands, shape the dough into a rectangle measuring about 5 inches by 16 inches, and  $\frac{1}{2}$ -inch thick. Using a pizza cutter, slice the rectangle into 5-inch by  $\frac{3}{4}$ -inch strips.

Sprinkle the strips with flour. Taking the strips one at a time, gently roll it back and forth to create an even rope. Tie it into a knot and place on a prepared baking sheet. Place the knots about  $1\frac{1}{2}$  inches apart. Continue to make the rest of the knots and repeat process with the second piece of dough. Cover the baking sheets with a dry kitchen towel or cheesecloth and place in a warm, draft-free area to rise. The rolls should double in size during the second rise.

Preheat the oven to 400 degrees F.

Once the knots have doubled in size, remove the towel covering them and bake, one pan at a time, for 12 to 15 minutes, or until golden.

While the knots are baking, prepare the garlic coating. Over low heat, warm the olive oil, butter and garlic in a small saucepan. Add the chopped parsley, cover and set aside.

After removing the knots from the oven (while they are still warm), either brush them with the garlic coating, or place the knots in a large bowl and toss with the garlic coating. Season with additional sea salt to taste.

Best served warm. Baked rolls can be individually wrapped and frozen in an airtight freezer bag.

Source : [allrecipes.com](http://allrecipes.com)