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Garlic Knot Recipe

YIELD: ABOUT 40 KNOTS **COOK TIME:** 12-15 MINUTES

We have an alternative rolling and knotting method on our [Spicy Sriracha Garlic knot recipe](#). We like both techniques but each individual will find they prefer one method or the other, depending on their cooking style.



ingredients:

dough

- 1 3/4 c (415ml) Warm Water (@115°F)
- 1/4 c (55g) Olive Oil
- 1 t (5g) Sea Salt
- 1 T (15g) Sugar
- 1 1/2 T (17g) Active Dry Yeast
- approx. 5 1/2 c (700 g) all-purpose, unbleached Flour

garlic coating

- 1/8 c (30ml) Olive Oil
- 2 T (30g) unsalted Butter
- 4 cloves Garlic, finely crushed
- 1/4 c (60ml) finely chopped fresh Italian Parsley
- Sea Salt to taste
- *plus extra Olive Oil and Flour for making the knots*

directions:

1. Combine water, 1/4c (55g) olive oil, sea salt, sugar, and active dry yeast in a large resealable container or bowl. Mix to dissolve yeast.
2. Add flour. Mix to incorporate flour, cover, and set in a warm spot to proof until doubled in volume (*usually 1-3 hrs depending on initial water temp and warmth of proofing area*). (*A sunny table outside on a warm summer day is perfect for proofing!*)
3. Chill the dough for a bit (*will keep fine in fridge for several days if you want to make the dough ahead of time*) to make it easier to handle (*this can be skipped if you don't have the time*) then set up your knotting station. Put out a large wooden cutting board and oil liberally. Grab a rolling dowel or pin and oil. Grab a pizza cutter or something similar to slice dough in strips. Put container of flour within easy reach. Line several sheet pans with parchment paper or silpats and place within easy reach.
4. Oil your hands to help keep dough from sticking to them. Divide the dough in two parts to make it easier to handle. Take the first half, slap it onto the oiled board several times to flatten. Using the dowel, spread into an even rectangle approx. 5"x16" and 1/2" thick. Slice the rectangle into 1/2"x5" strips.
5. Rotate the board 90° and sprinkle dough strips and board with flour. Taking the strip nearest to you, roll it back and forth to create an even rope. Tie into a knot (*over, under, and through*) and place on lined sheet pan. Place knots about an 1 1/2" apart. *At first it may seem awkward making the knots but with a little practice it will become easy. Flour is your friend to help keep the dough from sticking to itself while forming the knots.*
6. Continue making the rest of the knots with the second half of the dough. After each sheet pan fills up, cover with a dry sack towel, and place in a warm, draft-free spot to rise.

Preheat oven to 400° F

7. After knots have doubled in size, take off dry sack towel and place sheet pans in the oven. Bake for approx. 12-15 min. or until golden.
8. While knots are baking, make garlic coating. Gently warm olive oil, butter, and garlic in a small saucepan (*if you like*

your garlic with less of a bite, cook it for a few minutes in oil/butter mix until soft & slightly golden). Add chopped parsley and set aside.

9. After removing knots from oven, while still warm, either brush with garlic coating, or place knots in a large bowl and toss with garlic coating. Season with sea salt to taste.

Best served warm, but still good when at room temp.

RECIPE SOURCE: [WHITEONRICECOUPLE.COM](http://whiteonricecouple.com).

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*This delicious recipe brought to you by **White on Rice Couple***
<http://whiteonricecouple.com/recipes/garlic-knots/>

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