

Garlic Knots

From simplyrecipes.com

Ingredients

If you are making your own dough:

1 package (2 1/4 teaspoons) active dry yeast

1 teaspoon sugar

7/8 cup (207ml) warm water (105°F to 115°F)

2 1/4 cups (300g) bread flour, plus more for flouring the work surface and your hands

1 teaspoon salt

1 tablespoon extra virgin olive oil, plus more for greasing the bowl and brushing the knots

OR, if you are using store-bought pizza dough:

14 ounces pizza dough

Garlic butter coating:

5 tablespoons unsalted butter

4 cloves garlic, minced

1/4 cup parsley, minced

1 teaspoon salt

Directions

1. Proof the yeast:

Stir the yeast and sugar into a small bowl with the warm water and let it sit for 3 to 5 minutes, until it starts to foam.

Simple Tip!

If the mixture foams up, this means the yeast is alive and active. If not, it means the yeast is dead and you'll need to get a new package of yeast. It always helps to check the use-by date on yeast.

2. Make the dough:

In a large bowl, whisk together the flour and salt. Make a well in the center of the flour and pour in the olive oil, then the yeast-sugar-water mixture.

Mix this together to form a soft dough and knead for 5 to 10 minutes. (You can use a KitchenAid mixer with a dough hook for this step. If you knead by hand, it will take longer.)

The dough should be soft and tacky. If it is too dry, add another 1 or 2 tablespoons of water.

3. Let the dough rise:

With well-floured hands, shape the dough into a ball and lightly coat with olive oil. Put it in a large bowl, top the bowl with plastic wrap and set it in a sunny spot to rise to double its size. This should take anywhere from 90 minutes to several hours.

Alternatively you can put it in the refrigerator overnight or up to 24 hours to rise slowly (and develop more flavor).

4. Quarter the dough and flatten into rectangles:

When the dough has doubled in size, cut it into fourths.

Simple Tip!

At this point you if you want to make the dough ahead and freeze, wrap the dough quarters in plastic wrap and freeze for later. Defrost overnight in the fridge to use.

Set out 2 large baking sheet and line them with a silicone liner or parchment paper (spray parchment paper with some baking spray).

Flour your work surface and your hands. Working with one piece at a time, flatten into rough 4 x 5-inch rectangles.

5. Slice the dough rectangles into strips:

Using a sharp knife or pizza wheel, slice each dough rectangle into 4 long strips (1 x 5-inches).

Cut these strips in half in the middle. You should now have 8 (1 x 2.5-inch) strips.

6. Form the knots:

Take 1 piece at a time and work it into the shape of a snake.

Then tie it in a knot.

Set each knot down on the baking sheet and repeat with the remaining dough. Remember that the dough will rise, so leave some space between each knot.

7. Brush with the olive oil and let rise:

Once all the knots are tied, brush them with a little olive oil.

Loosely cover them with plastic wrap and let them rise again until doubled in size, anywhere from 90 minutes to 3 hours or so.

8. Preheat the oven to 400°F.

While the garlic knots finish proofing, preheat the oven.

9. Bake the knots:

Uncover the knots and bake in the oven until nicely browned on top, 12 to 15 minutes.

10. Make the garlic butter parsley glaze:

While the garlic knots are baking, melt the butter in a small pot over medium-low heat. Add the garlic and cook gently just long enough to take off that raw garlic edge, about 1 to 2 minutes. Add the salt and parsley and stir to combine. Remove from the heat.

11. Brush the knots with butter mixture:

When the knots are done, take out of the oven and let cool for 5 minutes. Paint with the garlic-butter-parsley mixture and serve. These are best warm, but are good at room temperature, too.