

NEW YORK GARLIC KNOTS WITH PARMESAN GARLIC BUTTER

By: Simply Creative Chef Rob Scott

Ingredients:

Yields 9 knots

2 – 2 1/3 cups bread or all-purpose flour, divided
1 packet instant yeast
1 ½ teaspoons sugar
¾ teaspoon salt
½ teaspoon garlic powder
2 tablespoons olive oil, plus additional
¾ cup warm water, 105-115 degrees F

Garlic Butter:

4 tablespoons salted butter
3 cloves minced garlic, about 1 ½ tablespoons
1 tablespoon minced fresh basil or parsley
Grated parmesan cheese, optional

Directions:

- Preheat the oven to 400 degrees F
- Line a baking sheet with parchment paper and set aside
- In a large bowl combine 1 cup of flour, instant yeast, sugar, salt, and garlic powder – stir well
- Add olive oil and warm water and use a wooden spoon to stir until all ingredients are well-combined
- Gradually add another 1 cup of flour
- Add any additional flour as needed, up to 1/3 cup, stirring until the dough forms a cohesive, elastic ball and is beginning to pull away from the sides of the bowl – the dough will be tacky but still should be manageable with your hands
- Drizzle a separate, large, clean bowl generously with olive oil and use a pastry brush to brush the oil up the sides of the bowl
- Transfer the dough to prepared bowl and roll the dough through the oil until the entire surface of the dough is lightly coated with oil
- Cover the bowl tightly with plastic wrap and place on top of the oven to rise for 30 minutes or until doubled in size
- Once the dough has risen, use your hands to gently deflate it and transfer to a lightly floured surface

- Form into a log about 15 inches long and cut into 9 even pieces
- Roll each piece between your palms and slightly pull it to form a rope about 8 inches long (lightly dust the dough with flour if needed)
- Carefully tie each rope into a knot and place on prepared baking sheet
- Lightly brush with olive oil if needed
- Set tray on top of warm oven and let garlic knots rest/rise for 5 minutes before baking
- Transfer to oven and bake on 400 degrees F for 13 minutes or until just beginning to turn a light golden brown
- While the garlic knots are baking, prepare the garlic butter
- For the garlic butter, combine butter and garlic in a small sauce pan over medium/low heat
- Cook until the butter is melted, and garlic is fragrant
- Remove from the heat and stir in minced basil or parsley
- Once the garlic knots have finished baking, use a pastry brush to generously brush garlic butter mixture over each knot
- Sprinkle with grated parmesan, if desired
- Serve warm
- Please watch video and read recipe before starting
- In the kits-
- Bag 1- 2 1/3 cups Flour need to be measured out-You may not need all the flour so please add slowly.
- Bag 2- Sugar, salt, and Garlic Powder
- Yeast Packet
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