

# Garlic Knots from Pizza Dough

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*You can make this dough in one minute in the food processor - really! If you use Rapid Rise yeast, you can shorten the rising to 30 minutes, making this totally doable to make after a busy day. Warning: These Garlic Knots are highly addictive. They are best served fresh out of the oven, so I recommend, making them in batches, so you always have fresh ones coming out of the oven for a party.*

1 Tb yeast or 1 package (Rapid Rise preferred)  
1 Tablespoon sugar  
4 cups + all-purpose flour  
3 Tb olive oil  
1 tsp salt  
1 warm water

## Garlic Coating

4 Tablespoon + Olive oil  
4 Tablespoon + Butter  
8 cloves garlic cloves, minced  
½ cup chopped herbs - parsley, basil or oregano  
kosher salt to taste

- 1 Measure flour into bowl of food processor. Place the yeast and sugar together and place the salt and olive oil on the other side of the bowl. Add ½ cup warm water to yeast to begin to activate it. Bubbles will begin to form in the yeast mixture. With motor running, add enough warm water through the feed tube of the food processor to bring all ingredients together into a moist, but not wet ball. If mixture is too dry, add more water. If mixture is not coming together, then add more flour, a little at a time. Oil your fingers when working with dough to prevent sticking.
- 2 Place your dough in a bowl and cover with plastic wrap. Leave in a warm place to rise until double its size - about 45 minutes or an hour. (If using Rapid Rise, it should be ready in about 30 minutes.) You can leave it sit longer to develop more flavor and then continue to punch down the dough and let it rise. Or you can place in refrigerator and bring up to room temperature the next day before using.
- 3 Preheat oven to 400°. Line several sheet pans with parchment paper.
- 4 To use, divide dough in half and place dough on a well floured surface and roll it out with a rolling pin to a 1/2" thick rectangle. Turn the dough a ¼ turn after each roll and re-flour surface frequently to prevent sticking. With a pizza cutter, slice the rectangle into 5" x 1/2" strips.
- 5 Roll the dough strips in flour. Tie in a knot and place on the parchment lined baking sheets about 2" apart. Cover the sheet pans with towel or lightly covered plastic wrap, place in a warm spot until they double in size.
- 6 Bake in a 400° oven for 10-15 minutes or until golden.
- 7 While the Garlic Knots are baking, make the garlic coating. Place butter and olive oil in a microwave safe bowl and cook in a microwave oven about 1 minute or until the butter is melted. Add garlic and cook another minute. Add herbs and set aside. Ladle a small portion of the coating into a large bowl to toss one batch of the Garlic Knots, planning so that you have a fresh coating for each batch.
- 8 Remove Garlic Knots from the oven and while still warm toss in the large bowl with the garlic coating and use a rubber spatula to coat each of the Garlic Knots. Toss into a parchment lined basket. Sprinkle with a pinch or two of kosher salt. Serve immediately.

Servings: 50

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Inactive Time: 30 minutes

Total Time: 1 hour

Oven Temperature: 400°F

## Nutrition Facts

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Nutrition (per serving): 74 calories, 41 calories from fat, 4.6g total fat, 2.4mg cholesterol, 140.5mg sodium, 46.3mg potassium, 7.5g carbohydrates, 1.2g fiber, <1g sugar, 1.5g protein.

## Source

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