



Julia's Cuisine

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Bread, Rolls, Muffins and Loaf Cakes

Webpage:
<http://www.juliascuisine.com/>

Garlic Knots

Makes 36
Prep time: 20 minutes
Rise time: 1 hour
Bake time: 15 minutes

Ingredients

For the dough:

4 Cups/500 grams strong white bread flour
1 level teaspoon of sea salt
1 (1/4-ounce or 7 grams) packet instant yeast
1 teaspoon sugar
2 tablespoons extra virgin olive oil
1 1/2 cups - 1 3/4 cups/360 ml - 420 ml warm water (hot to touch)

Other:

5 Tablespoons butter
2 Garlic cloves, crushed
1/2 Teaspoon salt
1 Tablespoon finely chopped parsley

Method

For the dough:

In a large mixing bowl combine the flour, salt, instant yeast and sugar. Mix well to combine. Drizzle over the olive oil and just give a quick stir.

Make a well in the middle of the flour and pour in about 1 1/2 cups of the water. Using a fork, start pulling the flour into the water until you have incorporated all the flour. If it seems too dry, add remaining water. The dough should be really sticky at this point.

Take the dough out of the bowl and place on a clean and lightly floured surface. Lightly flour your hands and start kneading the dough. Flip and knead the dough until it's soft, elastic and springs back when touched. This will take between 5 - 10 minutes.

Place the ball of dough in a large flour-dusted bowl. Cover the bowl with a damp cloth and place in a warm room for about an hour or up to two hours until the dough has doubled in size.

Punch down the dough and place it on a lightly floured surface. Flatten it out slightly and divide it into 4 equal portions.

Take each portion and flatten it out to a rectangle/square shape that's approximately 6 x 5 inches.

Cut it into 8 equal portions.

Take each portion and stretch it out like a shoelace to about 6 inches in length.

Tie it into a knot and repeat for as many as you are making.

Line a baking sheet with parchment paper. Place about 15 on a baking sheet about 2 inches apart.

Cover with a damp tea towel leave to rise until doubled in size. About 1/2 hour to 1 1/2 hours.

Preheat oven to 400 degrees F. Bake the garlic knots for 12 - 15 minutes or until golden and ready.

Remove from oven.

For the topping:

In a small sauce pan set over medium heat, add the butter until it melts. Add the garlic and salt and stir for just a few seconds. Leave to cook for only about 1 minute. Remove from heat and add the parsley. Stir well. Remove from heat.

Brush the garlic knots with the garlic butter and serve immediately.