

Maine Arts Camp

RECIPE TEMPLATE

Recipe Name: Italian Garlic Knots

Chef: Charles Limoggio C.E.C.

Preparation Time:

Servings: How hungry are you?

Yield: 12-24 pieces Depending on how they're cut. I prefer them larger than recommended.

Quantity	Unit	Ingredient Name	Prep Notes
1 ½	cups	All-purpose flour	
2	tablespoons	All-purpose flour	
1	teaspoon	sugar	
1	teaspoon	Instant yeast	
1	teaspoon	salt	
2/3	cup	Water-room temperature	70°F-90°F
3	Tablespoons	Olive Oil	DIVIDED
+1	Teaspoon		
8	cloves	garlic	Minced
½	teaspoon	Kosher Salt	
2	tablespoons	Fresh chopped parsley	

Procedure:

1. Whisk together flour, sugar, and yeast in a small bowl. Whisk in salt last (preventing direct contact with yeast). Make a well in the center and pour in water. Stir together to moisten the flour, just until dough begins to form, about 20 seconds. The dough will look shaggy and bumpy, not smooth.
2. Pour 8 teaspoons oil in a 2-cup sized bowl or cup (bigger if you are increasing recipe size). Place dough in and turn to coat. Cover tightly and rest on the counter until doubled in size, about 1 hour.
3. Place a rack in the lower third of the oven and preheat to 400 degrees F at least 30 minutes before baking. Meanwhile, stir together 1 teaspoon olive oil, garlic, and kosher salt in a large bowl (you'll see why later). Set aside.
4. When the dough is ready, place it on a board and gently press into 2 10 inch x 6 inch rectangles. There will be left-over oil in the cup/bowl that the dough was rising in. Spread that oil over a baking sheet.
5. Spread half of the garlic mixture across the rectangle dough. Cut into ¾" strips (6" long)
6. Tie any type of knot and lay on baking sheet with about 2 inches space in between. Bake for 12 minutes or until golden. Meanwhile, add the remaining teaspoon of olive oil and parsley to the garlic mixture. Stir.
7. When garlic knots are done baking, toss in the garlic and parsley mixture and serve immediately.

Note: Can easily be done with supermarket purchased pizza dough.

Pizza dough borrowed from *The Bread Bible* by Rose Levy Beranbaum