



garlic knots

Servings
24 rolls

Prep Time
30 minutes

Cook Time
2 hours

Kosher Key
Dairy

Description

Old fashioned yeast-risen rolls with a buttery garlic herb topping. Nostalgic, family-inspired recipe from Kelly Jagers.

Ingredients

Roll Ingredients

- 2 cups whole milk
- 1/4 cup sugar
- 4 tsp active dry yeast
- 1 1/2 tsp kosher salt
- 1/4 cup unsalted butter, melted
- 1 egg
- 3 cups all-purpose flour
- 3 cups bread flour

Topping Ingredients

- 1 stick salted butter
- 1 tbsp fresh chives, chopped
- 2 tsp fresh dill, chopped
- 1 whole clove garlic, finely minced
- 1/2 cup grated parmesan cheese

Recipe Notes

You will also need: medium saucepan, mixing bowl, stand mixer fit with a dough hook attachment, plastic wrap, rolling pin, pizza wheel or sharp knife, parchment paper, baking sheet, small skillet, pastry brush

Instructions

1. Begin by preparing the rolls. In a medium saucepan heat the milk over medium-low heat until it starts to steam lightly, or measures 100°F on an instant read thermometer, about 5 minutes. Transfer the milk to a bowl and add the sugar and yeast. Stir to combine and let stand for 10 minutes.
2. In the work bowl of a stand mixer combine the yeast mixture with the salt, ¼ cup butter, egg, and both flours. Mix with the dough hook on low speed for 3 minutes, then increase the speed to medium and let mix for 8 minutes. The dough may appear very wet, that is what you want.
3. Once the dough has finished mixing turn out onto a well floured work surface and shape the dough into a smooth ball. Place into a lightly greased bowl, cover with plastic, and allow to double in bulk, about 1 hour.
4. Once the dough has risen turn it out onto a lightly floured surface and press out the excess gas with your palms. Roll the dough into a rectangle approximately 10x15-inches.
5. With a pizza wheel or a sharp knife cut the dough into 12 long strips vertically, then cut the dough in half horizontally.
6. Gently roll each strip into a cylinder.
7. Then tie them into a knot.
8. Place the bread knots onto a parchment lined baking sheet making sure to leave at least 2 inches between each roll so they have room to expand without touching. Cover the tray with plastic, and allow them to rise for 30 minutes.
9. Heat the oven to 350°F. Bake the knots for 18-22 minutes, or until the knots are golden brown on top and sound hollow when tapped on the bottoms.
10. While the knots bake prepare the topping. In a small skillet melt the butter along with the herbs and garlic over medium heat. Once the butter sizzles turn the heat to low and cook, stirring often, until the garlic and herbs are fragrant. Set aside to cool while the rolls finish baking.
11. Pull the rolls from the oven and immediately brush with the butter mixture. Sprinkle each knot with parmesan cheese. Cool for 10 minutes before serving. Enjoy warm.

Nutrition Facts	
Garlic Knots	
Amount Per Serving	
Calories 198	Calories from Fat 63
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Cholesterol 25mg	8%
Sodium 223mg	9%
Potassium 70mg	2%
Total Carbohydrates 26g	9%
Sugars 3g	
Protein 5g	10%
Vitamin A	4.9%
Vitamin C	0.1%
Calcium	5.3%
Iron	5.2%
* Percent Daily Values are based on a 2000 calorie diet.	