HOMEMADE GARLIC KNOTS

Makes 12 knots • Bake at 350°F for 15–20 minutes
Prep: about 25 min active • Rise: until doubled, then puffy

INGREDIENTS — HALF-BATCH DOUGH

- 3¾ cups all-purpose flour • 6 Tbsp sugar
- 1 tsp salt
- ⅓ cup butter, melted
- ½ beaten egg
- 1½ cups lukewarm water
- 1 packet active dry yeast

GARLIC BUTTER TOPPING

- ¼ cup (4 Tbsp) butter, melted
- 3 cloves garlic, finely minced
- 2 Tbsp fresh parsley, chopped
- 2 Tbsp grated Parmesan cheese
- ¼ tsp salt

SIMPLE TIP

Brush with garlic butter immediately after baking. Reserve a little for a second brushing before serving.

ESTIMATED NUTRITION

Per knot (based on 12 knots; approximate)
Calories: 250
Carbohydrates: 35 g
Protein: 5 g
Fat: 10 g
Fiber: 1 g
Sugar: 6 g
Sodium: 335 mg
Values may vary by ingredient brands and yield.

DIRECTIONS

1. Dissolve yeast in lukewarm water. Add butter, sugar, salt, and egg. Mix in flour; knead until elastic.
2. Place in a greased bowl; cover and let rise until doubled.
3. Divide into 12 pieces. Roll each into an 8-inch rope; tie loosely.
4. Arrange on a parchment-lined sheet; cover and rise until puffy.
5. Bake at 350°F for 15–20 minutes, ntil golden and baked through.
6. Gently warm butter and garlic for 1–2 minutes; do not brown. sheet; cover and rise until puffy.
7. Brush warm knots with garlic butter; sprinkle with Parmesan. Serve warm.

STORAGE & REHEATING

Refrigerate in an airtight container
up to 3–4 days, or freeze up to 2 months. Reheat until warmed through.

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