



FUSTINI'S[®]

Garlic Knots

Ingredients

- 1 package active dry yeast
- Pinch sugar
- 1 cup of warm water
- 2 Tbsp [Fustini's Tuscan Herb olive oil](#)
- Pinch salt
- 2 1/2 cups flour

Blessing

- 3 cloves garlic, peeled
- 1 small shallot, peeled
- 1 cup [Fustini's Delicate SELECT Olive Oil](#)
- 1 tablespoon [Fustini's Organic Tuscan Spice blend](#)
- pinch salt
- pinch fresh ground black pepper

Directions

Step 1.

Bloom yeast and sugar in warm water for five minutes. Add olive oil, salt and flour and process in stand mixer fitted with dough hook until smooth and elastic, 10 to 15 minutes. Cover with film wrap and let rise until doubled, 2 hours. Punch down then divide into 16 equal portions and leave on work surface covered with towel until puffed, 30 minutes. Preheat oven to 400 degrees. Roll into 10 inch log and tie into knot, then place on parchment lined sheet pan and let proof for 15 minutes. Brush with blessing and bake in hot oven until golden brown and fully cooked, 10 to 15 minutes. Immediately brush again with blessing and serve.

Step 2. Blessing

Blend all together until smooth and reserve.