




GARLIC KNOTS

You can't go wrong with these classic garlic knots made from Rich's Whole Grain Mini Sub Roll Dough. Knotted together and seasoned with garlic powder and Italian seasoning, these rolls get baked into a golden-brown ball of deliciousness. Finish with melted butter, grated parmesan, and fresh parsley, for a meal that is certain to keep lunch fun.

Yield: 2 Garlic Knots

INGREDIENTS

- 1 Unit  NO PROOF 51% WHOLE GRAIN MINI SUBMARINE DOUGH (#22260)
- 1 tsp. Garlic powder
- 1 tsp. Grated Parmesan Cheese
- 1/4 tsp. Italian seasoning
- 1/4 tsp. Fresh parsley
- 2.5 tsp. Melted Butter OR Butter/Garlic Flavored Spray (butterbuds)
- 2 oz Dipping Sauce of Your Choice (optional)

DIRECTIONS

- 1 Store No Proof Roll Dough at 0°F to -10°F.
- 2 Remove the dough cluster from freezer and place on a parchment lined sheet pan sprayed with pan release spray. Keep dough covered with pan sprayed parchment paper or oiled plastic wrap throughout the building process to avoid dough drying out.
- 3 Allow dough to thaw for about 10-15 minutes (for best results, dough should be very cold when initially handling). Then use a dough cutter/bench scraper or sharp serrated knife to separate the dough cluster into individual pieces.
- 4 Cut dough in half horizontally to make two even rope shaped pieces approximately 6" long.
- 5 Tie each rope shaped piece of dough into a knot. You can tuck the 2 ends of the knots underneath or leave them out, that's your choice. Pick up the knots carefully, keeping the shape intact, and place them about 1/2" apart from each other onto a prepared baking sheet. Cover and set aside.
- 6 Prepare garlic seasoning mixture by mixing garlic powder and Italian seasoning (with melted butter if using) and set aside.
- 7 Mist/Spray the top of each knot with butter flavored spray then sprinkle with seasoning mixture evenly across the dough.



hrs.

- 9 Bake until top, bottom, and sides of garlic knots are golden brown, and internal temp reaches 200°. Bake in a Conventional Oven at 375° for 8-10 minutes or a Convection Oven at 325° for 10-14 minutes.
- 10 Immediately after baking, give garlic knots an additional mist of butter spray and sprinkle with grated parmesan cheese and fresh parsley while hot.
- 11 Garlic knots may be held in a warmer at 145° until service or cooled and served at room temperature.
- 12 Optional: Offer a dipping sauce with your garlic knots to complete your meal.

CHEF NOTES

Each pair of garlic knots provides 2.0 oz. eq. grain and for USDA Child Nutrition Food Based Breakfast or Lunch Menus.
