

Garlic Knots | Brod & Taylor

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Ingredients

For the Tangzhong:

Ingredient	Grams	U.S. Volume
Milk	115	Just shy of ½ C
Bread flour	24	3 TBSP

For the Dough:

Ingredient	Grams	U.S. Volume
Tangzhong	All (about 135g)	All
Milk, lukewarm (about 90°F)	175	About ¾ C
Instant yeast	5	1 ¾ tsp

Sugar	13	1 TBSP
Bread flour	330	2 ¾ C
Salt	6	1 ¼ tsp
Butter, room temperature	42	3 TBSP

For the Garlic Butter:

Ingredient	Grams	U.S. Volume
Butter	113	½ C
Garlic cloves	3 medium (about 10 g)	3 each
Salt	pinch	pinch
Parsley	3	1 TBSP

***We highly recommend weighing ingredients as that will result in the most accurate measurements.**

Equipment

- [Brod & Taylor High Capacity Baking Scale](#)
- [Brod & Taylor Folding Proofer](#)
- Stand mixer
- Small saucepot

- Bench knife/bowl scrape
- Mixing bowls
- 9 x 13 inch (23 x 33cm) baking pan or sheet pan
- Pastry brush

Instructions

Getting ready.

Set the Proofer to 80°F (27°C) and put the water tray in the middle of the warming plate. Pour ¼ cup (60 ml) of water into the tray and place the rack on top of the tray.

Mix the tangzhong.

About 30 minutes before you are ready to mix the dough, make the tangzhong. Thoroughly whisk the milk and flour until no lumps remain. Place in a microwave-safe container and cook on high for about 1 minute and 40 seconds, stopping every 20 seconds to stir. After the first

minute, the mixture will start to thicken up, and at the end of the cooking time, it will resemble soft mashed potatoes or a stiff pastry cream. Set the tangzhong aside to cool to room temperature.

While making the tangzhong in the microwave is easier, it can also be made on the stovetop. In a small saucepot, add the milk and flour. Whisk until the flour is completely dissolved and no clumps remain. Cook the mixture over medium-low heat, stirring constantly, until it has thickened (about 3 minutes total).

The tangzhong can be made up to a day in advance if desired.

Mix the dough.

Add the tangzhong and the milk to the bowl of a stand mixer fitted with the dough hook attachment. Stir the mixture to break up the tangzhong. Add the yeast, sugar, flour, and salt. Mix on low speed for 3 to 4 minutes until the dough comes together and begins to develop strength. Continue to mix, adding the butter 1 tablespoon at a time and waiting until it is fully incorporated to add the next. Once the butter is all added, continue to mix for 2 more minutes.

Bulk ferment.

Place dough into a greased bowl and place into the Proofer. Allow the dough to rise for 1 ½ hours. When the dough is done, it will have doubled in size and feel light and airy to the touch.

Mix the garlic butter.

While the dough is in the Proofer, make the garlic butter. Place the butter and minced garlic into a small saucepan. On low heat, melt the butter. Once the butter is melted, leave it on low heat for about 2 minutes to cook the garlic very gently. This will help to remove the raw garlic bite. (The parsley will be added later.) Set the butter aside when done.

Shape.

Remove the dough from the Proofer. Turn the dough out onto a floured counter and gently flatten it into a rectangle. Divide the dough into 12 equal portions (about 57g each). Take one piece of dough and flatten it into a rectangular shape with the heel of your hand. Start at a long edge and roll into a cylinder. Roll the cylinder out into a rope about 13 inches long. Place one end of the rope on the palm of your hand and use your thumb to hold it in place. Wrap the rope around the back of your fingers, bringing it around to form a loop. Then wrap it over and through the loop twice. Take the tail that was held in place with your thumb and bring it over and through the loop, tucking it underneath. Repeat with the remaining dough. Grease a 9x13" baking pan. Place the knots in the pan in four rows of three.

Proof the knots.

Check the water tray and add more water if necessary. The Proofer should still be set to 80°F (27°C). Place the pan into the Proofer and proof for 1 hour. When done, the knots

should have puffed up and be touching each other and the edges of the pan.

While the knots are proofing, preheat the oven to 375°F (190°C).

Bake.

Remove the pan from the Proofer. Brush with about a third of the garlic butter. (The remaining garlic butter, along with the parsley, will be brushed on after baking.) Place the pan on a middle rack in the oven and bake for 20 minutes until they are lightly golden brown.

As the knots are baking, add the chopped parsley to the garlic butter and remelt if it has solidified.

Brush with butter.

Remove the pan from the oven and, while still warm, brush the knots with the remaining garlic butter and sprinkle with flaky sea salt.