**Garlic Knots**

2 cups bread flour

1 tsp. rapid rise yeast (instant yeast)

1 Tbsp. kosher salt

2 Tbsp. sugar

1 Tbsp. olive oil

3/4 cups warm water

In a large bowl, combine bread flour, yeast, kosher salt, and sugar. Wisk these ingredients to thoroughly combine them. Using a liquid measuring cup, measure the water. Add the olive oil to the water.

Pour the water mixture on top of the flour mixture and mix with a spoon to combine. Turn the dough onto a lightly floured surface and knead for 3 minutes, or until the dough is smooth. The dough should be slightly sticky. If it is too sticky, add extra flour to your kneading surface.

Form the dough into a ball, spray with nonstick spray, and place in a plastic bag and put in the fridge overnight.

2 hours before rolling the dough, take the dough out of the refrigerator. Preheat the oven to 450 degrees. Grease a cookie sheet.

Cut the dough into 8 equal pieces and roll each into a rope about 9 inches long. Form each rope into a knot and place on the baking sheet. Brush with garlic butter mixture and bake for 15-20 minutes, or until golden brown.

As soon as the knots are out of the oven, transfer them to a bowl, add remaining garlic butter, and toss to coat. Finish by dusting with parmesan cheese

**Garlic Butter**

¼ c butter

1 Tbsp. olive oil

2 cloves garlic, minced

1 tsp. Italian seasoning

Pinch of sat

*2 Tbsp. parmesan cheese (optional)*

Combine the butter, oil, garlic, Italian seasoning, and salt and microwave for 30 seconds, or until melted.