



x



GARLIC KNOTS RECIPE





GARLIC KNOTS



ELEMENTS : BREAD DOUGH, GARLIC BUTTER

TOOLS/EQUIPMENTS REQUIRED: MIXING BOWLS, SPATULA, SIEVE, SPOONS, WEIGHING SCALE, BRUSH, DOUGH SCRAPER, BAKING TRAY



FOR THE DOUGH		COSTING (in ₹)		NO. OF PORTIONS: 10
INGREDIENTS	QUANTITY	WHOLESALE	M.R.P.	ELEMENTS
All Purpose Flour	180 g	4	6	Bread Dough
Caster Sugar	7 g	0.4	0.9	
Salt	4 g	0.5	0.5	
Instant Yeast	3 g	1.2	1.2	
Garlic powder	2 g	1	1	
Water	80 g	1.8	1.8	Garlic Butter
Milk	20 g	3	3	
Salted Butter	6 g	2.8	3.8	
TOTAL		14.7	18.2	INSTRUCTIONS
<p>METHOD</p> <ol style="list-style-type: none"> 1. Pre-heat the oven at 220°C (OTG mode: upper rod + lower rod + fan). 2. In a bowl, collect flour, sugar, salt, yeast and garlic powder. Add water and milk to it and start kneading it to form a dough. 3. Once the gluten has been formed, add the butter and knead again to get a soft dough. 4. Now let it rest for 20 minutes and then degas the dough and divide the dough into equal portions of 30g each and shape them into a rough ball and keep them covered on the counter for 10 minutes. 5. Now take one portion, flatten it a bit with your hands and divide it into 4 parts. Roll each part into a rope of equal length and then flatten it with your fingers. 6. Now spread garlic butter on each of them and stack them over each other. Stack the top layer by inverting it so that its plain from the top. 7. Now lift it from the centre, keeping two fingers on the inner side, hold and twist the ends together and from the back, insert it into the loop to close the knot. Repeat the same with the other portions as well. 8. Keep all the portions on a greased baking tray and drizzle garlic butter over them and keep them for proofing for about 20-30 minutes. 9. Once proofed, drizzle some more garlic butter on them and place it in a pre-heated oven for about 20 minutes or until golden brown in color. 				<p>OVEN TEMPERATURES</p> <p>OTG 220°C (upper rod + lower rod)</p> <p>DECK OVEN Upper temperature – 220°C Lower temperature – 220°C</p> <p>UNOX 160°C, Fan speed – 1, Humidity – 0</p>



FOR GARLIC BUTTER		COSTING (in ₹)		NO. OF PORTIONS: 10
INGREDIENTS	QUANTITY	WHOLESALE	M.R.P.	
Butter	60 g	19.2	27	
Roasted Garlic	4 g	4	4	
Garlic Powder	2 g	2.18	2.18	
Oregano	2 g	0.24	4	
Chilli Flakes	2 g	0.26	3.8	
Black Pepper	A pinch	0.6	0.6	
TOTAL		26.48	41.58	INSTRUCTIONS
METHOD 1. In a bowl, take soft butter, add all the other ingredients to it and mix properly.				Save some portion for top garnish.

COST PER PORTION (in ₹)		
ELEMENTS	WHOLESALE	M.R.P.
Bread dough	1.47	1.82
Garlic Butter	2.64	4.15
TOTAL	4.11	5.97

NOTE		
Shelf life of	Room temperature	Freezer
Bread dough	-	1 month
Baked bread	3 days	-