



Herby Garlic Friendship Knot Bread



INGREDIENTS

For the dough

- 500g strong white bread flour
- 7g fast action yeast
- 1 tsp salt
- 1 tbsp olive oil
- 300ml warm water
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For the garlic herb butter

- 75g unsalted butter, softened
- 2 cloves garlic, finely crushed
- 1 tbsp fresh parsley, finely chopped
- 1 tsp fresh rosemary or thyme (optional)
- Small pinch sea salt

DIRECTIONS

1. Make the dough

1. Mix flour, yeast and salt in a large bowl.
2. Add olive oil and warm water.
3. Stir to form a dough.
4. Knead for 8–10 minutes until smooth and elastic.
(Perfect heavy work for little hands.)

2. First rise

- Cover and leave somewhere warm for 1 hour, until doubled in size.

3. Shape into knots

1. Divide into equal pieces.
2. Roll each piece into a rope (about 20–25cm long).
3. Tie into a loose knot.
4. Tuck the ends underneath.

Place on a lined baking tray.

Leave to rise again for 20–30 minutes.

4. Make the garlic butter

Mix butter, garlic, herbs and salt together.

5. Bake

- Bake at 200°C (180°C fan) for 15–18 minutes until golden.
While warm, brush generously with garlic herb butter.

Serve & Talk
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