



DON'T GET YOURSELF IN A KNOT! WHY NOT PRODUCE YOUR VERY OWN GARLIC KNOTS USING LEFT OVER PIZZA DOUGH AND INCREASE YOUR SALES TODAY!



- ✓ **No need for extra equipment.**
- ✓ **No need to buy additional ingredients.**
- ✓ **An additional revenue earner, perfect for any business.**

It's said these beauties were developed in the 1940's in Brooklyn, New York. Some say a Queens pizzeria invented them in 1973 to avoid food waste. However, the owner of Anthony's Place in Brooklyn says he served the precursor to **Garlic Knots** - Garlic Rolls - in 1947!

Wherever they originated, these little parcels are as simple to prepare as they are delicious!

1. Take your proved pizza dough ball and hand pin out or roll so you can cut into 12 strips.
2. Stretch each strip into a 12-inch long piece.
3. Tie each piece into a knot and tuck both ends into the knot. Let the dough prove again until it doubles in size.
4. Slather with garlic butter and pop into your pizza oven or a preheated oven for a few minutes until golden brown
5. Brush over with more garlic butter prior to service.

Your **Garlic Knots** can be stored in an airtight container at room temperature for 1-2 days or kept in the freezer. Once reheated, add extra garlic butter if required.

Another super easy profit-earning starter, or as a takeaway street food style option!

To explore more money-making ideas with Sturdy Foods, please get in touch at info@sturdyfoods.co.uk or call us today on **01765 641200**.

