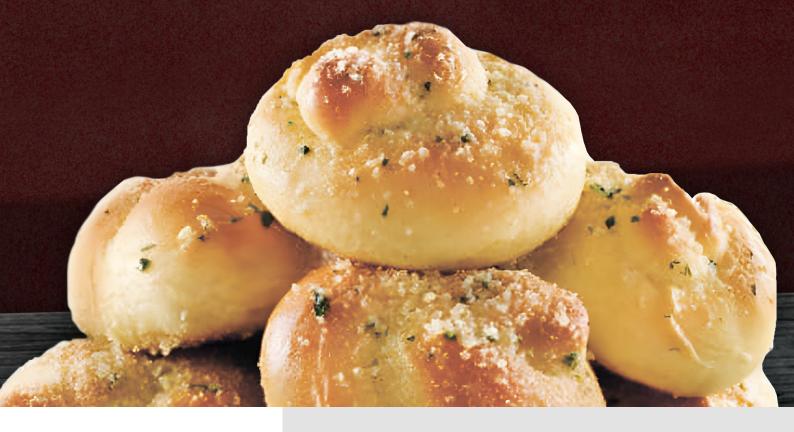


DON'T GET YOURSELF IN A KNOT! WHY NOT PRODUCE YOUR VERY OWN GARLIC KNOTS USING LEFT OVER PIZZA DOUGH AND INCREASE YOUR SALES TODAY!



- √ 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!

- 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**.