

Bread Sticks

Ingredients:

- 1½ cups warm water (95 °F)
- 1 (¼ ounce) package or 2¼ teaspoons active dry yeast
- ½ cup cornmeal
- 4 to 4½ cups all-purpose flour (May be part whole wheat)
- 2 tablespoons vegetable oil
- 1½ teaspoons salt

Optional: Egg wash and cheese, sesame seeds or coarse salt.

Preparation Time: 40 to 50 minutes

Baking Time: 3 to 8 minutes

Makes: 16 bread sticks

Serving: 1 bread stick

Directions:

1. Combine water, yeast, cornmeal and 2 cups of flour in large mixing bowl. Stir about 2 minutes. Cover; let stand 15 to 30 minutes.
 2. Add vegetable oil, salt and 1 cup additional flour. Mix until well blended.
 3. Add enough of the remaining flour until dough forms a rough ball and pulls away from sides of the bowl.
 4. Place dough on lightly floured surface; knead about 5 minutes until smooth and elastic. Shape into a smooth round ball; cover; let dough rest 20 minutes OR place in greased bowl, cover and refrigerate until ready for shaping, up to 2 days. (Punch dough and reshape into dough ball each time it doubles.)
 5. Divide dough in half; shape each half into 8-inch long log. Cut each log of dough into 8 pieces. Roll each piece of dough into "snakes". Thicker pieces of dough will make soft sticks and very thin pieces of dough for "grissini" like sticks.
 6. Lay sticks about 1-inch apart on parchment-lined baking sheet sprinkled with additional cornmeal if desired. Cover; let dough sticks rise until double about 20 minutes.
 7. Preheat oven to 450 °F. Brush sticks with 1 tablespoon water beaten with 1 egg white; sprinkle with cheese or sesame seeds or coarse salt as desired.
 8. Bake 3 to 8 minutes or until browned. (Baking time will depend on thickness.) Remove from pan to cooling racks.
- Option:** Omit oil and add 1 cup grated, favorite cheese (Parmesan, Cheddar) to dough.

Family Activity:

Young family members will enjoy shaping "snakes" of bread dough for bread sticks, and brushing (painting) the egg wash on unbaked breads, pastries or other baked goods just before baking to provide a rich color or gloss to the crust.

Nutrition Facts (1 serving/42g)

Calories: 158, Protein: 4g, Carbohydrates: 30g, Dietary Fiber: 1g, Fat: 2g, Mono Fat: 1g, Poly Fat: 1g, Calcium: 6mg, Potassium: 60mg, Sodium: 224mg

Fun Fact:

Wheat and its early relatives were first grown in the Tigris and Euphrates River basin, near Iraq, and became a staple grain more than 10,000 years ago. Egyptians are credited with discovering yeast-leavened breads.

Vocabulary:

Egg wash:

A thoroughly combined mixture of 1 whole egg, egg yolk or egg white mixed with 1 tablespoon cold water or milk.