

Breadsticks, Sweet or Savory

Ingredients	16 Servings		32 Servings		Directions
	Weight	Measure	Weight	Measure	
Water, warm (95-105° F)	12 oz	1 ½ cups	1 lb 8 oz	3 cups	<ol style="list-style-type: none"> 1. In a large (4-5 qt mixing bowl) combine water, yeast, cornmeal, and ⅔ of whole wheat flour (2 cups per 32 servings or 1 cup per 16 servings). Mix 3 minutes. Cover loosely and allow to rest 15-30 minutes. 2. Add vegetable oil, sugar** (cinnamon sugar version), salt, remaining whole wheat flour, and all but ¼ cup (16 servings) or ½ cup (32 servings) of the all-purpose flour. NOTE: Flours vary in protein or moisture. If dough is too stiff or dry, add 1 Tbsp water to soften. If dough is too wet or sticky, add additional ¼ cup flour. Repeat only if still too dry or wet. 3. Mix for 5-7 minutes with dough hook to develop dough. When developed, dough should pick up and clean the mixing bowl. Loosely cover bowl and allow dough to rest for 20 minutes. <i>Note: Dough may be refrigerated overnight and shaped next day. Place dough in a large, oiled sealable container or plastic food bag with room allowance for expansion. Refrigerate. Punch dough once after 1 hour. Remove dough from refrigerator 1 hour before shaping.</i> 4. Deflate and round dough, cover dough with bowl, and let dough relax (bench time) about 10-15 minutes before dividing into sticks. Line baking sheet pans with parchment. Use two 13 x 18 x 1" half sheet pans for 16 servings or two 18 X 26 x 1" full sheet pans for 32 servings.
Yeast, instant dry	0.25 oz	2 ¼ tsp	0.5 oz	4 ½ tsp	
Cornmeal, yellow or white*	2.8 oz	½ cup	5.6 oz	1 cup	
Flour, whole wheat	11.6 oz	2 ¾ cups	1 lb 7.25 oz	5 ½ cups	
Flour, enriched, all-purpose, unbleached	4.25 oz	1 cup	8.5 oz	2 cups	
Sugar, granulated**		0-2 Tbsp**	0-1.7 oz	0- ¼ cup**	
Salt		1 ¼ tsp		2 ½ tsp	

* Cornmeal may be whole grain or de-germinated

**Only add sugar to dough for cinnamon sugar option. For plain, seeded, or garlic butter options, omit the sugar from the dough.

Breadsticks, Sweet or Savory, cont.

Ingredients	16 Servings		32 Servings		Directions
	Weight	Measure	Weight	Measure	
					5. Divide rested dough into 1 pound pieces (logs), two for 16 servings and four for 32 servings. Flatten each ball of dough into a 12 X 8" rectangle. Cut each rectangle into eight, 12 X 1" strips (2 oz per strip) ^{***} . Leave strips as long sticks and place on pan 1" apart. OR, for twists, fold dough strips in half and twist, pinching end and place on baking sheet 1" apart. 6. Lightly cover with pan-sprayed or oiled plastic wrap OR place pans in a humid proof cabinet at 105° F to raise (proof) 20 minutes. 7. Preheat conventional oven to 450° F.
Topping Options: a) Plain Egg white, large Water, cold b) Seeded Egg white, large Water, cold Seeds (sesame, chia, or poppy) c) Garlic Butter Butter, unsalted, melted Garlic Powder d) Cinnamon Sugar Sugar, granulated Cinnamon, ground Butter, unsalted, melted	1 oz 3.4 oz 1 oz	1 1 Tbsp 1 1 Tbsp 3 Tbsp 2 Tbsp 1 tsp ½ cup 2 tsp 2 Tbsp	2 oz 6.8 oz 2 oz	2 2 Tbsp 2 2 Tbsp ⅓ cup ¼ cup 2 tsp 1 cup 4 tsp ¼ cup	8. Optional: choose a topping below: a. Plain – Prepare egg white wash by whisking egg white and water until well mixed. Brush egg wash over the breadsticks. b. Seeded – Prepare egg white wash by whisking egg white and water until well mixed. Brush egg wash over the breadsticks and sprinkle with seeds. c. Garlic butter – Melt butter and add garlic powder. Bake and brush breadsticks with butter mixture. d. Cinnamon sugar – Start with sweetened dough as described above. Mix together cinnamon and sugar. Bake breadsticks. Melt butter and brush over breadsticks. Sprinkle cinnamon/sugar mixture over the top. 9. Bake in pre-heated oven 13-18 minutes, until golden. Cool on wire racks briefly.

^{***}A pizza cutter/wheel or baker's dough (bench) knife works well.

Breadsticks, Sweet or Savory, cont.

Serving Size – 1 breadstick (2.1 oz/60 g for plain/seeded, 2.2 oz/63 g for garlic butter, or 2.4 oz/70 g for cinnamon sugar)
 Credits as 2 oz eq Grains (when prepared with whole grain cornmeal) in the School Nutrition Programs
 Provides 25 grams whole grain (when prepared with whole grain cornmeal)

Plain or Seeded

Nutrition Facts	
Serving Size (60g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients by weight:

Water, whole wheat flour, enriched all-purpose flour, cornmeal, egg white, *seeds (sesame, chia, or poppy)**, yeast, salt

Garlic Butter

Nutrition Facts	
Serving Size (63g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 4g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients by weight:

water, whole wheat flour, enriched all-purpose flour, cornmeal, egg white, yeast, salt, garlic powder

Cinnamon Sugar

Nutrition Facts	
Serving Size (70g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 33g	11%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 4g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients by weight:

Water, whole wheat flour, enriched all-purpose flour, granulated sugar, cornmeal, egg white, butter, yeast, salt, cinnamon



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: *Baking with Friends* by Sharon Davis and Charlene Patton, www.HomeBaking.org

Adapted and tested by Sharon Davis, Family and Consumer Sciences Education, Home Baking Association

Optional recipe ingredients are included in italics

