

Bread Sticks



Preparation time: 30 minutes

Baking time: 15 minutes

Ingredients:

- ❖ 2 ¼ tsp (11 mL) instant yeast, or 1 packet
- ❖ 2 ½ cup (600 mL) flour
- ❖ + ½ cup (120mL) flour (for the counter!)
- ❖ 1 tsp (5 mL) salt
- ❖ 1 cup (240 mL) warm water
- ❖ 1 tsp (10 mL) sugar
- ❖ 2 Tbsp (30 mL) margarine, melted

Seasonings:

- ❖ ½ tsp (2.5 mL) Salt
- ❖ 1 Tbsp (15 mL) garlic powder
- ❖ 1 tsp (5 mL) dried oregano
- ❖ 1 tsp (5 mL) dried basil
- ❖ 1 tsp (5 mL) dried parsley
- ❖ ¼ cup (60 mL) parmesan cheese

Equipment:

Small bowl
Large bowl
Rubber spatula
Baking sheet
Tea Towel
Pastry Brush



Directions:

- ① Preheat oven to 450°F.
- ② In a small bowl, mix together the ingredients for the garlic seasoning mix. Set aside.
- ③ Mix dry yeast, warm water, and sugar together in a large bowl. Sift 2 ½ cup (600 mL) flour and salt into the bowl. Stir with a rubber spatula until the dough looks shaggy but is beginning to take form.
- ④ Turn out the dough on a clean and lightly floured counter. Knead the dough until smooth and elastic, about 2 minutes.
- ⑤ Divide the dough evenly amongst your group.

- ⑥ Roll each piece of dough from the centre out, into a long rope, around 1 inch thick and place on a baking sheet.
 - ⑦ Cover the dough with a clean tea towel and allow to sit for 5 to 10 minutes.
 - ⑧ Using a pastry brush, spread the melted margarine over the tops of the breadsticks and sprinkle on garlic seasoning.
 - ⑨ Bake for 15 minutes on a lined baking sheet.
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