

# Herbed Twisted Breadsticks

Bialik College Kitchen Garden Program



## Ingredients:

- 1 tablespoon yeast
- 1 tablespoon sugar
- 1 ½ cups warm water
- 1 tablespoon olive oil
- 1 teaspoon salt
- 3 ½ cups plain flour
- 2 tablespoons chopped herbs
- melted butter
- salt

## Equipment:

- wooden dowels/skewers
- electric mixer with dough hook
- metric measuring cups/spoons
- small bowl
- fork

## Method:

1. In a small bowl mix the yeast, sugar and warm water together and let sit until it becomes foamy. (5 minutes)
2. Place the flour, oil, salt and herbs in a bowl of an electric mixer and add the yeast mixture. Mix on low until the dough comes together and knead for about 5 minutes.
3. Place the dough in a lightly oiled coated bowl. Cover with a tea towel and let it double in size.
4. Divide dough into 8 equal parts and roll each part into a 40cm long snake.
5. Moisten the skewer at the top where you will start and where you will end.
6. Leave 2cm at the top and bottom of the skewer. Roll the snake around the skewer.

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7. Hang skewers over the edge of a pan and let rise until doubled again.
8. Preheat oven to 180C.
9. Brush with melted butter, sprinkle with sea salt and bake at 180C for 15-20 minutes.