



## BREADSTICKS

Breadsticks are an ideal accompaniment to soups, salads and dips. They can also be eaten on their own as a snack.

### INGREDIENTS

- 225g plain flour
- 1 x 7g sachet easy blend microfine yeast
- 150ml warm water
- 2 tablespoons olive oil
- extra flour for kneading
- extra olive oil for brushing the sticks

### EQUIPMENT

- mixing bowl
- measuring jug
- tablespoon
- wooden spoon
- flour dredger
- 3 baking trays
- cooling tray

### HOW TO MAKE IT

1. Put the flour in the mixing bowl. Add the dried yeast and stir.

2. Pour the oil and warm water into the flour. With a wooden spoon, mix to a soft dough.

4. Divide the mixture into 24 pieces. With your hands roll each into long thin sausage shapes.

5. Heat the oven to 220°C/Gas7. Place on to 3 greased baking trays. Brush with olive oil. Leave to rise for 10 minutes.

7. Bake for 10 - 15 minutes until crispy and golden-brown.

8. Remove from the baking trays and place on a cooling tray.

**HOT TIPS:** Ensure that the water is warm, not hot.

Store the breadsticks in an airtight tin once they are cool.

For cheese Breadsticks add 50g grated cheese to flour before the liquid is added.