



## STICK `EM UP

### Ingredients to make 20 or so bread sticks

*310g warm water*

*5g dried yeast or 10g fresh yeast*

*5g olive oil*

*500g strong white flour or half plain, half strong white flour*

*10g salt*

*grated cheese*

*Any other flavourings you fancy like sea salt flakes or tarragon or ....*

### Method (approx 2 hours end to end)

Stir the **yeast** into the **warm water** until it is dissolved.

Mix the **strong white flour** and **salt** in a bowl large enough to allow the dough to double in size.

Mix in the liquid until you have a sticky dough then add in the **olive oil**.

Knead the dough energetically for roughly 10 minutes until it is smooth and springy.

Put the dough in a lightly oiled bowl in a warm place covered with a cloth for one hour.

Knock the dough back, i.e. gently poke all the gas out of it then allow to rise for 10 minutes.

Turn the dough out onto a floured surface and gently tease it out into a rectangle about 15 by 30 cms.

Brush the rectangle of dough with olive oil then sprinkle on the grated cheese and/or salt flakes.

Cut into 1 cm wide strips. Tease each strip out to double in length, fold it back on itself then twist again.

Transfer each twist to a lightly oiled baking tray, allowing enough room for expansion.

Put the tray of breadsticks in a warm place to prove for approximately 20 minutes.

Bake at 200°C for 15 - 20 minutes.

Alternatively prove in the fridge at 4°C overnight. In the morning put them in a warm place for 20 minutes while the oven warms up, bake as above for breakfast.

Cool on a wire rack covered with a cloth for a few minutes then serve warm.

### Serving

Serve with soup or vegetable dishes or just with a cup of coffee. These are not bread sticks to keep in a tin; they are little breads to be eaten straight away. They don't keep.