

Breadsticks

April 5th, 2021

This recipe serves: 6

Prep Time: 02:00

Cook Time: 00:30

Breadsticks can be served as a side dish or as an appetizer. These buttery, tasty Breadsticks can escalate the quality of any pasta dish. Serve them with your favorite dipping sauce.

Ingredients:

Hydration 71%; ADY 1%; Salt 2.4%; Sugar 2.4%;

4 Cups (17.5 Ounces/500 Grams) of Bread Flour

1 Tablespoon Sugar

3/4 Tablespoon Yeast (Active Dry)

1 Teaspoon Kosher Salt, plus more for finishing

1.5 Cup (12 Ounces) warm water (100° to 115° F)

Olive Oil

2 Tablespoons Butter, melted, for finishing

1/4 Teaspoon Garlic Powder, for finishing

Directions:

In the mixer bowl, add the Flour, Sugar, Yeast, and the Salt.

Mix the dry ingredients.

Add the Butter and the Water.

Use a spatula to ensure that the ingredients are fully integrated.

If mixing by hand...

Work the dough, by hand, in the bowl for a couple of minutes.

Pour 1 Tablespoon of Olive Oil onto a clean surface. Turn the dough out onto the surface.

Knead the dough by hand for about 12 to 15 minutes.

If using a mixer...

Use the dough hook and run the mixer on medium for about 5 to 8 minutes. The dough should stick together in a single ball and clean all the flour from the insides of the mixing bowl.

Turn out the dough into a well Oiled bowl, carefully coating the doughball on all sides with Oil. Cover the bowl with a Tea Towel and let rise in a warm place for 1 hour or refrigerate up to 5 days.

If you refrigerated the dough, bring it back up to room temperature and let it rise until the dough has doubled from the original size.

Line a baking sheet with parchment paper.

Separate the dough into 12 equal pieces and form into dough balls. Each dough ball should weigh about 70 grams.

Stretch and/or roll each ball into a breadstick, about 8" long and 1/2" wide.

Place each Breadstick on the parchment paper, so that they are not touching each other, and let rest for 30 minutes.

After about 30 minutes, preheat the oven to 400° Fahrenheit.

Brush each breadstick with butter and then sprinkle with Salt and Garlic Powder.

Bake the breadsticks for 18 minutes. Each breadstick should turn a golden brown color.

Remove from the oven and brush with more melted Butter.

Cool the breadsticks on a bread rack before eating.

Serve with your favorite Dipping/finishing sauce, like:

Marinara Sauce

Sweet Pimento Sauce

Alfredo Sauce

Greek Feta Cheese Dip

Peruvian Sauce

Garlic Buffalo Sauce