THE J.M. SMUCKER Co

Dinnertime Bread Sticks

Prep Time	Cook Time	Serves	Difficulty
1 hr	20 mins	28	N/A

Ingredients

- 2 cups (500 mL) milk
- 1/4 cup (50 mL) Vegetable Oil
- 1/4 cup (50 mL) honey
- 1 tsp (5 mL) sugar
- 1/4 cup (50 mL) warm water (105°-115°F/40°-56°C)
- 2 tbsp (30 mL) active dry yeast
- 5 1/2 cups (1375 mL) **Five Roses®** All Purpose Bleached White Flour, separated, plus extra flour for kneading

  All Purpose Bleached White Flour

- 2 tsp (10 mL) salt
- 1 egg white, lightly beaten
- 2 tsp (30 mL) sesame seeds
- 2 tsp (30 mL) coarse salt
- **For Herb Breadsticks (optional)**
- 2 tbsp (30 mL) chopped fresh chives
- 2 tbsp (30 mL) chopped fresh thyme
- 1 tbsp (15 mL) chopped fresh rosemary

Directions

Step 1:

Heat milk in a saucepan just until steaming. Stir in oil and honey. Set aside to cool.

Step 2:

Place water in a large bowl. Sprinkle sugar over water and add yeast. Let stand for 10 minutes or until frothy. Stir warm milk mixture into yeast mixture. Add 2 cups (500 mL) of flour stirring until mixture is smooth. Let sit for 10 minutes.

Step 3:

Stir in salt (and chives, thyme and rosemary, if using) and gradually stir in 3 1/2 cups (875 mL) of flour until a soft dough is formed. Transfer to a lightly floured surface. Sprinkle surface with extra flour as needed to prevent sticking, knead until smooth and elastic, about 10 minutes.

Step 4:

Cut dough into 28 pieces. With palms, roll each piece into 10" (25 cm) lengths. Place on parchment paper-lined baking sheet about 1" (2.5 cm) apart. Cover lightly with plastic wrap and let rise in warm, draft-free place for 30 minutes.

Step 5:

Preheat oven to 375°F (180°C). Brush tops with beaten egg white and sprinkle with seeds or coarse salt. Bake in centre of preheated oven for 15 to 20 minutes or until golden brown.

These are also great if you sprinkle them with grated Cheddar cheese before baking.

Images

