

Italian Herb Breadsticks

This is an excellent recipe for breadsticks that allows for multiple variations, it makes a ton of breadsticks, but it's great for big gatherings or big families where every meal is a big gathering. If big fluffy breadsticks is your thing, than this recipe is for you.

This recipe was originally found on RecipeZaar.com as "The Ultimate Breadsticks", and reposted on TheCookingDish.com.

INGREDIENTS

- 2 tablespoons dry yeast
- 3 cups water, lukewarm, divided
- 2 tablespoons sugar
- 1 tablespoon salt
- ¼ cup oil (Canola or Vegetable)
- 8 cups flour
- ½ cup butter, melted (1 1/2 tsp. garlic salt may be added depending on version used)

METHOD

1. In a large bowl, dissolve yeast in 1 cup of water with sugar.
2. Let stand 5 minutes.
3. Add the rest of the ingredients except the butter.
4. Stir into dough and knead until smooth and elastic and slightly sticky (I use a heavy-duty mixer).
5. Place in greased bowl, cover and let rise until double, about 1 hour.
6. Punch down. Divide dough in half.
7. Roll one half dough out into a 12 x 18 inch rectangle on a floured surface.
8. Brush with melted butter.
9. Cut dough in half vertically, and then cut horizontally into 8 strips (16 bread sticks from one half of dough).
10. Repeat this same step with other half of dough. You should have 32 bread sticks all together.
11. Now at this point you can do the following variations:
12. Cheesy Bread Sticks: Press buttered side down of breadstick in freshly grated Parmesan cheese. Twist bread stick multiple times and lay out on parchment lined cookie sheets. (I do about 8 to a pan-parchment



Preparation

- Total Time: 2 Hours 30 Minutes

Equipment

- Bread Machine
- Cookie sheet
- Cooling rack
- Measuring cups
- Measuring spoons
- Mixing bowl
- Parchment paper

NUTRITION FACTS

Servings: 16
Amount Per Serving
Calories: 320

Total Fat: 9.58g

Cholesterol: 15mg

Sodium: 440mg

Total Carbs: 49.78g

Dietary Fiber: 1.82g

Sugars: 1.87g

Protein: 6.70g

Rating



necessary so the cheese won't stick to the pan). Cover and let rise 30 minutes or until double in bulk and then bake. After baking, brush with remaining melted garlic butter.

13. Garlic Butter Bread Sticks: Twist bread sticks that have already been spread with garlic butter mixture. Place on greased baking sheet and let rise 30 minutes. After baking, brush again with melted garlic butter.

14. Herb & Cheese Breadsticks: Use plain melted butter to spread on dough, then sprinkle bread sticks with Parmesan cheese and Salad Supreme. Place on sprayed baking sheets and let rise 30 minutes before baking. Brush again with remaining melted butter after baking.

15. Pizza Breadsticks: Let buttered bread sticks rise on parchment lined baking sheets 30 minutes. Spread with pizza sauce and place pepperoni on top. The last 5 minutes of baking add shredded cheese.

16. Cinnamon Sugar Breadsticks: Dip bread sticks in 1 stick melted of butter (skip the brush with melted butter step). Roll in a mixture of 2 cups brown sugar and about 1 Tbsp cinnamon (might need more sugar mixture depending on how much you use). Twist and let rise on parchment lined baking sheets. Bake.

*Spray pans or use parchment paper and cover lightly while rising.

**Let bread sticks rise 30 minutes before baking.

***Note all bread sticks will be cooked 15 to 18 minutes at 350° or until lightly browned.

I ended up needing to cook these breadsticks at 375°F for 15-17 minutes for a light-gold crust on top.

If you're going to twist these breadsticks, then make sure each side of the twisted dough is cut to around 3/4" - 1" width.

Source: <http://www.thecookingdish.com> **Course:** Side

Categories: Baked Goods, Breads **Keywords:** Breadsticks, Italian Herb, Baking

Cuisine: North American : United States : Midwestern

(16 servings
32 breadsticks)