

Bread Sticks

Ingredients

½ cup flour

Pinch of salt

1 teaspoon yeast

2 teaspoons oil

1/3 cup warm water

Method

1. Preheat oven to 210 oC.
2. Empty half a cup of flour onto your bench in front of you.
3. Add the salt and gently mix in with your fingers.
4. Make a well in the middle of your flour then add the yeast water and then oil.
5. Gently mix together with your fingers.
6. Once the dough has come together push down on the dough with the palm of your hand, stretching it out on the bench. (It will seem sticky but keep moulding it and it will come together.
7. Once the dough no longer sticking to the bench mould it into a ball and put your tea towel over it to rest.
8. Once it has rested roll into a sausage shape and then cut into 6 pieces, roll each piece into a long sausage shape, put on a tray lined with baking paper.
9. Leave to rest until doubled in size, bake for 10 to 15 minutes.