

Breadstick Twist

Work in pairs

Spread

- 40 ml butter
- 2 ml basil
- 1 ml minced garlic

Dough

- 250 ml flour
- 30 ml whole wheat flour
- 15 ml parmesan cheese
- 10 ml sugar
- 10 ml baking powder
- 125 ml milk

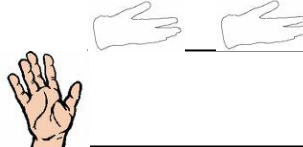
Equipment List

- Measuring cups and spoons
- Ovenproof ramekin
- Metal spatula
- Medium bowl
- Fork
- Dough scraper
- Rolling pin
- Pastry brush
- Pizza cutter
- Cookie sheet with silicone paper

1. Preheat oven to 400° F- **Con Bake 4/0/0 START**
2. Measure butter, basil and garlic into an oven proof ramekin and place into oven to melt butter.
3. Measure flour, parmesan cheese, sugar and baking powder in a medium bowl
4. Measure milk into a liquid measure- remember- flat surface- eye level-read to the bottom of the meniscus.
5. Add milk and mix with a fork to form soft dough.
6. Lightly flour counter top and turn out dough onto counter
7. **Knead** 10 times.
8. Clean off your counter using a dough scraper and re flour. With your hands press the dough into a square shape.



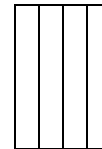
9. Using a rolling pin, starting from the center out, roll out into a 10 cm x 20 cm rectangle (one hand X 2 hand lengths). Use your dough scraper to reshape the dough into a rectangle. Flip the dough over and re flour to keep the dough from sticking.



10. Using a pastry brush, brush pastry with melted butter mixture on the dough.



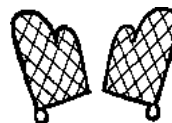
11. Using a pizza cutter cut into 8 strips 2 finger widths wide. Place on a cookie sheet with silicone paper. At home grease the cookie sheet with shortening.



12. Twist each strip several times while holding one end down with your thumb.
13. Place cookie sheet in oven- Oven safety- wear oven mitts, open door all the way, pull out the rack, place the pan in the middle making sure the sides of the pan do not touch the oven
14. Set the timer for 12 minutes- **TIMER 1/2 START**
15. Bake until golden brown. Turn the **timer off** by pressing the timer off button

Practice Oven Safety

Use oven mitts



Open the door all the way. Pull out the rack. Place the pan in the middle making sure the sides of the pan do not touch the oven

