

Healthy Bread Sticks

340g plain white flour
340g Wholemeal plain flour
1 rounded tsp salt
1 tbsp sugar
50g (2 oz) butter
15g packet (2 x 7 half g sachets) fast acting yeast
3 tbsp olive oil
350-400 ml (12-14 oz) lukewarm water

Place the flour, salt, sugar and yeast in a big bowl. Rub in the butter and mix all the ingredients together. Make a well in the centre of the dry ingredients and add the olive oil and not all but most of the lukewarm water and mix to a loose dough. Add more water or flour if needed. Take the dough out of the bowl and let it sit on a slightly floured worksurface covered with a tea towel for 5 mins. Then knead the dough for 5-10 min depending on how springy the dough is. Divide the dough into small balls of 15-20 g each. On a clean surface (you shouldn't need any flour), using your hands roll into thin bread sticks about 1-1.5 cm thick.

For the toppings use any combination of:

Sea salt
chopped rosemary or thyme
crushed cumin seeds
Sesame seeds, poppy seeds, pumpkin seeds
dried chilli flakes
roughly ground black pepper
finely grated parmesan cheese mixed with a pinch of cayenne pepper

Drizzle a tablespoon of oil in a bowl and brush each bread stick and follow by sprinkling or rolling it in your chosen toppings. Place on a baking tray and bake at 220c/425f/gas 7 for anywhere between 5-15 min. You want them to be quite crisp and golden.

This is a recipe for Rachel Allen who has a TV show on UK TV Food and digital television.

Hope you like it

Grace Thornton