

# Twisty Breadsticks

makes 16

## 3 1/2+ hours:

15 minutes prep  
1 1/2 hours fermenting  
30 minutes shaping  
15 minutes proofing  
20 minutes baking



### dough

5 1/4 cups (1 pound 10 ounces) flour  
1 3/4 cups (14 ounces) cool water  
2/3 cup (6 ounces) plain yogurt  
3 tablespoons (1.5 ounces) olive oil  
1 1/2 tablespoons instant yeast  
2 tablespoons brown sugar  
2 teaspoons salt

### toppings

2 cups grated parmesan  
1/2 cup butter melted  
1/2 teaspoon garlic powder

### dough

1. In the bowl of an electric mixer, combine all dough ingredients.
2. Knead on low with a dough hook until combined about 30 seconds. Increase speed to medium for 5 minutes.  
*\*Do not leave machine unattended. It can move and fall off the counter.*
3. Spray a large bowl with cooking spray. Form dough into a ball and place inside. Cover and ferment 90 minutes or until double in size.

### shaping

4. Spray 2 sheet pans with cooking spray and set aside. Divide dough into 16 equal pieces (3 ounces each).
5. Form each into a log shape by pulling the sides to the bottom and pinching them lengthwise to seal.
6. Continue to pinch and stretch to form a tight skin around the dough. Set aside and repeat with remaining pieces.
7. Cover and let rest 10 minutes.
8. Take one piece, shake and stretch evenly 6-8 inches. Wrap top around pointed end of skewer and pinch to seal. Slide down to leave 1/2 inch space on the top.

9. Twist dough the opposite way you will be twisting around the skewer to create a tight spiral about 3/4 the length of the skewer.

### proofing and baking

10. Place widthwise on prepared pan. Repeat with remaining. Place 8 breadsticks per pan going in alternate directions. Cover and proof 15 minutes.

11. Position oven rack to the middle. Heat oven to 460 degrees. The breadsticks will be baked in 2 batches.

12. Right before baking the first pan, position skewers widthwise across pan suspending the dough. Bake 8 minutes or until golden brown.

### topping

13. While they are baking set out a few heavy bottomed jars to put breadsticks in. Melt butter in a bowl, mix in garlic powder and set aside. Measure parmesan into a bowl and set aside.

14. Working quickly before they cool down, brush melted butter all around one breadstick and coat thoroughly with parmesan.

15. Place in jar and repeat with remaining breadsticks. Repeat step 10 with second pan. Serve hot or at room temperature.

### cinnamon & sugar

*\*Also delicious with cinnamon and sugar in place of the parmesan and garlic powder.*

### note

*If the skewers are too short for the width of the pan, create a false side by:*

- 1) *folding a piece of foil in a long thin strip, exceeding the length of the pan*
- 2) *drape it across the length of the pan and secure it around the sides*
- 3) *place jar lids or something else oven-proof under the foil to support it.*



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