

Jenny's Sesame Seed Breadsticks

I love crunchy food so these are crispy sesame seed breadsticks that keep for weeks because you bake them dry. For extra fiber, I combine whole wheat and all-purpose flour but you can use only all purpose or bread flour. Rolling the breadsticks takes a little practice but you'll never find breadsticks this good in any store. A Kitchenaid stand mixer does all the work, or you can knead the dough by hand. Depending on your flour, add just enough water to make a soft dough. The dough needs to be a little sticky to hold the seeds. If not, rub a bit of olive oil on your hands.

3/4 cup whole wheat flour
3/4 cup all purpose or bread flour
1 teaspoon instant or rapid-rise yeast
3/4 teaspoon salt
3/4 teaspoon sugar
1 teaspoon olive oil
about 2/3 cup warm water (105 - 110°)
1/3 cup sesame seeds

1. Line a large baking sheet with parchment paper.
2. Spread sesame seeds on wax paper.
3. In a mixing bowl combine flours, yeast, salt & sugar.
4. Add oil & enough water to make a soft dough. Knead for one minute with a Kitchenaid mixer (paddle attachment) or about 100 times by hand on a barely floured surface. DO NOT ADD TOO MUCH FLOUR WHEN KNEADING.
5. Roll into 12 8-inch sticks & coat each stick with sesame seeds.
6. Place on baking sheet & let rise in a warm place until double (45 min – 1 hour)
7. Preheat oven to 325° and bake for 25 minutes.
8. Turn the breadsticks over and bake another 25 minutes.
9. Test the fattest breadstick and if it's still soft in the middle, return baking sheet to the oven (now OFF but still warm) for an hour until crisp.
10. Cool and store in a sealed container.

*Makes one dozen