

Italian Bread Sticks

Ingredients:

2/3 cup warm water
1 package dry yeast
1 teaspoon salt
1 Tablespoon sugar
1/4 cup soft butter
2 cups sifted whole meal flour milk

Method:

1. Dissolve yeast in warm water with half a teaspoon of sugar to start the yeast
2. Add salt, sugar, butter and 1/2 of the flour. Beat until smooth. Mix in the rest of the flour and beat. Knead until smooth for about five minutes. Cover and let rise for 1 hour. Preheat oven to 220 degrees. Break off pieces of dough and roll into pencil shapes.
3. Placed on baking paper and brush with milk. Sprinkle with poppy seeds. Bake for 20-25 minutes in 220 degree oven!