



Seedy Bread Sticks and Bread Crisps



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Basic bread dough



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Ingredients



225g strong plain flour, or
a mixture of 125g strong
white plain flour and 100g
wholemeal

1/2 x 5ml spoon salt

1 (6g) sachet easy-blend
yeast

150ml warm water

2 x 15ml spoons olive oil

Extra flour for dredging
and kneading.



Check the ingredients

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Equipment

- Mixing bowl
- Wooden spoon
- Measuring jug
- Measuring spoons
- Flour dredger
- 2 baking trays
- Sharp knife
- Round bladed knife
- Palette knife



Check equipment



Make the bread dough

1. Put the flour, salt and dried yeast into a mixing bowl.
2. Add all the warm water and oil. Mix to a soft dough with a wooden spoon.
(Extra water will be needed if the mixture is too dry.)





Knead and shape

3. Knead on a lightly floured surface for approximately 5 minutes until the dough is smooth and springy.
- The dough can be used straight away or covered and left to rise in a warm place.





Seedy Bread sticks



Ingredients - for 36 sticks
1 quantity of bread
dough

Selection of seeds –
Omega seed mix, sesame
seeds, poppy seeds etc.
Approximately 2 x 15 ml
spoons of each on
separate plates



Note: check for allergies
to seeds.

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Bread sticks

1. Make the dough in to a fat sausage.
2. Divide it into 9 pieces, then each of these into half, making 18 pieces.





Shape the pieces

3. Roll each piece into a very thin sausage, rolling the hands along the length of the sausage.



4. Cut in half, using a round bladed knife.





Roll in seeds then leave to prove

5. Use a selection of seeds to give variety to the sticks. Damp the surface of the sticks with water to help the seeds to stick to the surface.
6. Place the sticks onto a baking sheet. Allow to rise in a warm place until almost doubled in size.





Bake the bread sticks

7. Pre-heat the oven to 200°C, Gas Mark 6. Bake the bread, sticks for 5 -6 minutes, until they are risen and golden brown. Use oven gloves to remove the baking tray from the oven.

8. Remove bread sticks using a palette knife, place on a cooling rack and allow to cool. Serve with a dip.





Bread crisps

Ingredients for nine circles, which each cut into 8 crisps:

1 quantity of basic bread dough

1 x 15ml spoon olive oil

1/2 x 5ml spoon dried basil

1/2 x 5ml spoon dried oregano

Extra equipment:

Rolling pin

Pastry brush

Small bowls for herbs and the oil.



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Divide and shape

1. Make the basic dough.
2. Roll the dough into a sausage shape.
3. Use a knife to divide the dough into 9 equal pieces.
4. Roll each piece out to a thin circle – approx 3mm thick and 15cm in diameter (they are very thin).





Finish and allow to prove

5. Place 3 on each baking tray.
6. Brush each one lightly with olive oil.
7. Sprinkle on a pinch of herbs, or leave plain.
8. Allow to prove until slightly puffy – they will not rise very much as the circles are very thin.





Bake and serve

9. Pre-heat the oven to 200°C
Gas Mark 6.

10. Bake the bread circles for 5 -6 minutes, until they are risen slightly and golden brown. Remove using a palette knife and allow to cool.

11. Cut each circle into 8 triangles.
Serve with a dip.

