

yield: 16-20 breadsticks

DIVINE 1-HOUR BREADSTICKS

PREP TIME: 40 MINS (INCLUDES RESTING/RISING TIME) COOK TIME: 20 MINS

INGREDIENTS:

DOUGH:

- 1 1/2 cups warm water
- 1 tablespoon instant yeast
- 2 tablespoons sugar
- 1 teaspoon salt
- 3 to 4 cups flour, about 15-20 ounces (see note)

BUTTER AND TOPPING:

- 3 tablespoons butter, melted (for the baking sheet)
- Dried herbs, garlic salt and grated Parmesan cheese

DIRECTIONS:

1. In an electric stand mixer fitted with the dough hook (or in a large bowl by hand), mix together the water, yeast, sugar, salt and one cup of the flour.
2. Continue adding the flour until the dough just clears the sides of the bowl; knead for about three minutes. It should be soft and slightly sticky without leaving a lot of residue on your fingers.
3. Let the dough rest in the bowl for 10 minutes.
4. While the dough rests, preheat the oven to 400 degrees F. Spread the melted butter onto large, rimmed baking sheet (about 11X17-inches).
5. On a lightly greased countertop, pat the dough into a long rectangle, about 16-inches by 7-inches or so. Cut the dough every 1-inch (more or less) into strips with a pizza cutter.
6. Twist each strip slightly and place about 1/2-inch apart on the baking sheet. Sprinkle lightly with dried herbs of choice, garlic salt and Parmesan cheese.
7. Let rise for 20 minutes (you can cover with greased plastic wrap, if desired, I usually go without). Bake for 15 minutes until golden.

NOTES:

UPDATE: After six years on my site, I've updated this post with new pictures + a few little changes in the recipe (upped the salt from 1/2 teaspoon to 1 teaspoon and added some additional notes about flour). Same great recipe – just updated a bit! The original recipe bakes at 375 degrees but I've found I like to bake them at 400 degrees to get them more brown on top.

For the flour, over the years, I've made them most often with white whole wheat flour. They are a bit heartier and slightly more dense but still delicious. They are also spectacular with bread flour. Or just regular unbleached all-purpose flour. My favorite combo (seriously, I've made these so many times) is about 10 ounces bread flour and 9 ounces white whole wheat flour. Magical.

Keep in mind that even with the weight and cup measures given, with all yeast doughs, I never use the flour amount called for in the recipe as a hard fast rule. Because humidity, temperature, altitude and a multitude of other factors can impact how much flour you need in your yeast doughs, I always judge when to quit adding flour by the texture and look and feel of the dough rather than how much flour I've added compared to the recipe. This [tutorial on yeast](#) may help identify how a perfectly floured dough should be. For this recipe, the dough should be soft and just slightly sticky without leaving a crazy amount of dough residue on your fingers.

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