



Parsley Braided Bread Sticks

Prep Time
40 min + 1.5 hrs

Cooking Time
10 -12 min

Total Time
2.5 hrs

Yields
20 bread sticks



Ingredients & Materials

1/2 sachet / 3.5 g (0.13 oz) active dry yeast
1/2 tsp honey
2 tbsp lukewarm water
25 g (1 cup) fresh parsley leaves
75 ml (1/3 cup) buttermilk
60 ml (1/4 cup) lukewarm water
1 tsp table salt
250 g (2 cup) bread flour (see note above), plus some more for flouring the worksurface
40 g (1/3 cup + 1 tbsp) Parmigiano Reggiano cheese, finely grated
sea salt for sprinkling (optional)

Storage Tip

The bread sticks taste best on the day they are baked. In case you want to store the braids, bring them to a party, or gift them to a friend, keep the bread sticks in an airtight container and store them for up to three days. You can also freeze the bread sticks for a month. Let them thaw in the fridge and bake them in a hot oven for 2 to 3 minutes.

Homemade parsley braided bread sticks are soft and chewy and have a delicious, salty-herbal flavour. They're made with a yeast dough, similar to classic dinner rolls, and go excellent with warm butter or a spicy dip. Of course, they taste just as scrumptious on their own. Seasoned with fresh parsley, Parmigiano Reggiano, and sea salt, it's a crowd-pleasing treat for any occasion. The bread sticks are a delicious snack, and can be served as appetizer or on the side with salad, or pack them in your kid's lunch box. Download printable gifts tags for storage and gifting here: <http://chcotta.ge/bl0336>

Instructions

1) Activate the yeast

To activate the yeast, add 2 tablespoons lukewarm water and honey into a large mixing bowl and sprinkle the active dry yeast on top. Let sit for 10 minutes until the yeast has dissolved, and the mixture looks bubbly.

2) Make the parsley buttermilk mixture

Add the parsley leaves, buttermilk, salt, and 60 ml (1/4 cup) lukewarm water in a blender and puree on high until well combined.

3) Mix the dough

Put the flour and grated Parmigiano Reggiano into the mixing bowl of a stand mixer. Add the yeast honey mixture and parsley buttermilk mixture. Using the dough hook attachment, combine the ingredients first on low, and then for 5 minutes on medium-high speed, until the dough looks satiny.

4) Let the dough rise

Grease a large mixing bowl with oil or cooking spray and put the dough inside the bowl. Brush the dough with a little oil to keep it from drying out. Cover the bowl with cling film and a kitchen towel. Let the dough rise at a warm place for 1 to 1.5 hours.

5) Preheat the oven

Preheat the oven to 200°C (400°F / gas mark 6) and line two baking trays (sheets) with silicone baking mats or baking (parchment) paper.

6) Braid the bread sticks

Flour the worksurface and roll out the dough 0.5 cm (0.2 in) thick. Using a pizza cutter or sharp pairing knife cut the dough into 25 cm x 1 cm (10 in x 0.4 in) long strips. Twist two strips into a braid and place on the lined baking trays (sheets). Brush with water, cover with a towel and let sit for 10 minutes.

7) Bake the parsley braided bread sticks

Optionally, sprinkle the braids lightly with sea salt. Bake the bread sticks in the preheated oven for 10 to 12 minutes. Then remove from the oven and let cool for 5 minutes before transferring the sticks onto a cooling wrack.