

# Youbake



## Bread Sticks (makes 8 long)

75g Strong Plain Flour

$\frac{1}{8}$  teaspoon Salt

$\frac{1}{4}$  teaspoon Fast Action Yeast

$\frac{1}{4}$  teaspoon Sugar

$\frac{1}{4}$  teaspoon Vegetable Oil

40ml Warm Water

## Toppings

Egg/Milk glaze

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## Method

1. Turn the oven onto 200°C
2. Weigh the flour into a bowl.
3. Make four indents with your finger. Put the Salt into one, yeast in another, Sugar in the third and Oil into the last indent.
4. Prepare the water, using part boiling water and part cold water, so it feels luke warm.
5. Using a standard eating knife or your hand stir the flour round and gradually add in the water. Mix round till it combines to form a soft dough. You may need to add a little more water if it is too stiff.
6. Turn onto a floured table and knead for 5 minutes or until the dough is smooth and elastic.
7. Form into a thick sausage and mark the dough into 8 equal portions. Cut through and roll each one into a ball.
8. Working with one ball, keep the others under an upturned bowl. Use both hands to roll into a long thin worm shape 20 cm long. Try to keep as even as possible.
9. Place on a sheet of baking parchment on a baking tray, cover with a clean cloth and leave in a warm place for around 20 minutes.
10. Brush the top with an Egg/Milk glaze, sprinkle over poppy seeds if using.
11. Bake for 15-20 minutes until lightly golden.