

## Press Release:

For Immediate Release

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## You've Got Flour!

You're home. You've got a kitchen. You've got flour! Homebound might not be all bad. There are dozens of essentials you can bake. The Home Baking Association can help get that flour from the bowl to the oven and on your table.

### Steps before you bake.

<https://www.homebaking.org/baking-food-safety/>

1. Tie back hair, roll up sleeves, apron-up.
2. Wash counter, then hands.
3. Choose a well-tested recipe, then read it top to bottom. [homebaking.org/recipes/](https://www.homebaking.org/recipes/)
4. Not too sure on terms, techniques? Glossary, Videos at [homebaking.org/glossary/](https://www.homebaking.org/glossary/)
5. Assemble ingredients, pre-mixing preps (*mis en place*) [homebaking.org/getting-started/](https://www.homebaking.org/getting-started/)

### Mixing and baking.

1. Use the right [measurement and equivalents](https://www.homebaking.org/learn-to-bake/) <https://www.homebaking.org/learn-to-bake/>
2. Access [ingredient substitutes](#) and Baking [At-Altitude guide](#). Plus more [Baking Guides!](#)
3. **Temperatures matter.** Cold (40°F) butter or shortening for biscuits, scones, pastry dough. Room temperature (~68°F) if creaming butter and sugar for cookies, cakes, muffins. Yeast dough likes it warm, (70° - 80°F). Pans should be cool before you put product in or on them.
4. Before you **preheat the oven**, place oven racks in the middle or as recipe directs. **Heat** the oven at least 5 minutes before baking and between batches.

*Bake it, Test it, Eat it!*

Treat baking ingredients just like you would any raw ingredients. Check food temperature before eating to ensure it is safe. Follow these guidelines to ensure baked goods reach the correct internal temperature. Store food as soon as it cools to keep it fresh and safe.

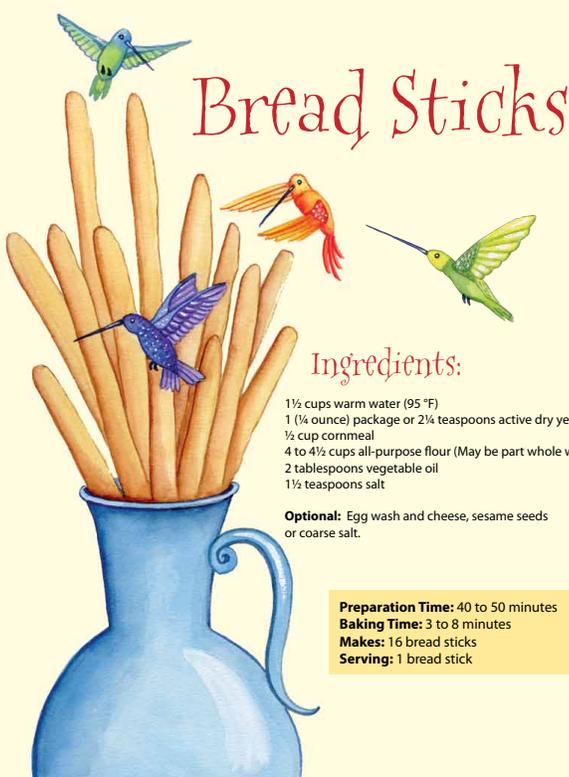
	<b>CHEESECAKE</b> 150°	Cheesecakes should be removed when the internal temp reaches 150° from oven to avoid cracking.
	<b>MERINGUE PIES</b> 160°	Meringue pies, quiche, bread pudding, baked custard and molten chocolate lava cakes need to be 160°.
	<b>CUSTARD &amp; PIES</b> 170°	Custard pies, Crème brulee, fruit pies and flan all need to reach an internal temp of 170°.
	<b>SOFT ROLLS</b> 190°	Yeast breads including soft rolls, doughnuts and croissants need to reach 190°.
	<b>CAKES</b> 200°	Most cakes, cupcakes, quick breads, scones, biscuits and pecan pie need to be 200°.
	<b>CRUSTY BREADS</b> 210°	Yeast breads including crusty French bread, Kaiser rolls and hot cross buns all need to reach 210°.

☑ **Craving sweet or savory breadsticks? Create your own.**  
<https://www.homebaking.org/recipe-items/breadsticks-sweet-or-savory-2/>

**Bread Stick Baking Hack:** Roll or flatten dough into a 12 X 16 inch sheet. If dough springs back, cover it with waxed or plastic wrap. Let rest a few minutes. Roll again. Cut into 16 strips with a pizza cutter. Gently roll each and place on sheet pan as directed.



Page 2, *Baking with Friends*, step-by-step Bread Sticks page excerpt



## Bread Sticks

**Ingredients:**

- 1½ cups warm water (95 °F)
- 1 (¼ ounce) package or 2¼ teaspoons active dry yeast
- ½ cup cornmeal
- 4 to 4½ cups all-purpose flour (May be part whole wheat)
- 2 tablespoons vegetable oil
- 1½ teaspoons salt

**Optional:** Egg wash and cheese, sesame seeds or coarse salt.

**Preparation Time:** 40 to 50 minutes  
**Baking Time:** 3 to 8 minutes  
**Makes:** 16 bread sticks  
**Serving:** 1 bread stick

**Directions:**

1. Combine water, yeast, cornmeal and 2 cups of flour in large mixing bowl. Stir about 2 minutes. Cover; let stand 15 to 30 minutes.
2. Add vegetable oil, salt and 1 cup additional flour. Mix until well blended.
3. Add enough of the remaining flour until dough forms a rough ball and pulls away from sides of the bowl.
4. Place dough on lightly floured surface; knead about 5 minutes until smooth and elastic. Shape into a smooth round ball; cover; let dough rest 20 minutes OR place in greased bowl, cover and refrigerate until ready for shaping, up to 2 days. (Punch dough and reshape into dough ball each time it doubles.)
5. Divide dough in half; shape each half into 8-inch long log. Cut each log of dough into 8 pieces. Roll each piece of dough into "snakes". Thicker pieces of dough will make soft sticks and very thin pieces of dough for "grissini" like sticks.
6. Lay sticks about 1-inch apart on parchment-lined baking sheet sprinkled with additional cornmeal if desired. Cover; let dough sticks rise until double about 20 minutes.
7. Preheat oven to 450 °F. Brush sticks with 1 tablespoon water beaten with 1 egg white; sprinkle with cheese or sesame seeds or coarse salt as desired.
8. Bake 3 to 8 minutes or until browned. (Baking time will depend on thickness.) Remove from pan to cooling racks.

**Option:** Omit oil and add 1 cup grated, favorite cheese (Parmesan, Cheddar) to dough.

**Family Activity:**

Young family members will enjoy shaping "snakes" of bread dough for bread sticks, and brushing (painting) the egg wash on unbaked breads, pastries or other baked goods just before baking to provide a rich color or gloss to the crust.

**Fun Fact:**

Wheat and its early relatives were first grown in the Tigris and Euphrates River basin, near Iraq, and became a staple grain more than 10,000 years ago. Egyptians are credited with discovering yeast-leavened breads.

**Vocabulary:**

**Egg wash:**  
A thoroughly combined mixture of 1 whole egg, egg yolk or egg white mixed with 1 tablespoon cold water or milk.

**Nutrition Facts (1 serving/42g)**  
 Calories: 158, Protein: 4g, Carbohydrates: 30g, Dietary Fiber: 1g, Fat: 2g, Mono Fat: 1g, Poly Fat: 1g, Calcium: 6mg, Potassium: 60mg, Sodium: 224mg

*Note: If you don't have yeast on hand, substitute 4 teaspoons of baking powder for yeast. Omit the rising times if baking powder is substituted for yeast.*