Press Release:
For Immediate Release
March 20, 2020
Contact: Sharon Davis, Family & Consumer Sciences Education
HomeBaking.org, hbadavis@gmail.com

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/
4. Not too sure on terms, techniques? Glossary, Videos at homebaking.org/glossary/
5. Assemble ingredients, pre-mixing preps (mis en place) homebaking.org/getting-started/

✅ Mixing and baking.
1. Use the right measurement and equivalents 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.
Craving sweet or savory breadsticks? Create your own. [https://www.homebaking.org/recipe-items/breadsticks-sweet-or-savory-2/](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.

---


### Bread Sticks

**Ingredients:**
- 1½ cups warm water (95 °F)
- 1 (½ 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  
**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 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.

**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

**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.

**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.

**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.