

Fate Bread Sticks

Ingredients

250g Fate All-Purpose Mix

½ teaspoon salt

½ sachet yeast (enclosed with the mix)

15ml oil

200ml warm water

Preheat the oven to Gas Mark 4/175°C/350°F

Method

1. Place the Fate All-Purpose Mix into a bowl, and stir in the salt and the yeast.
2. Measure the oil and water into a separate jug and pour onto the dry ingredients.
3. Use an electric hand mixer to get everything blended together. Then mix on slow speed for about 30 seconds until smooth and thick.
4. Place a nozzle into the base of the piping bag, and place the bread stick mixture inside the bag. Twist the top of the bag tightly against the mixture.
5. Lightly grease a baking tray, and pipe lines of mixture leaving a small space in between each one. When the tray is full, dip a knife into water, and neaten the ends if necessary.
6. Place the tray into a large polythene bag, and put into a warm place to prove. Leave until they have risen about half the size again.
7. Place into a preheated oven, until risen, brown, and crisp. This may take anything from 20 minutes to 40 minutes. Remove to a wire rack to cool.

Note

The cooking time may vary greatly for different ovens. The first time you make them, check them every five minutes. They need to cook steadily, so that they turn golden brown, and also become crisp all the way through. It is best that they do not brown too quickly.

