

Sam's Breadstick Twists



Why not try making delicious breadstick twists? Yummy, easy to make, and can be filled with any delicious filling you can get your hands on!!

Follow the instructions on this sheet carefully once you have collected the ingredients listed. The breadsticks can be cooked on an open fire or in the oven. Ask an adult to help you with both cooking methods.

Ingredients

- **500g** self-raising flour
- **300 to 500ml** water
- **A pinch** of salt
- **Optional:** Jam, honey, marmalade for spreading or put a cooked sausage in the middle!

Derwent Hill Activity Sheet:

Breadstick Twists

Method

1. Put your flour and salt in a bowl; set a bit of flour aside.
2. Gradually add water and mix everything together (mixing with your hands in the bowl is best – and good messy fun!)
3. On a clear and clean surface scatter some of the spare flour and knead the dough by moulding it into a ball, pressing down and then reshaping it. Do this for at least 5 mins (it's a good workout!).
4. Form the dough into a long sausage shape.
5. Find a good, clean, fresh stick and wind your dough around it.
6. If you're lucky enough to be able to have a fire outside in your garden, then put your stick over the fire to cook (turning regularly). After a few minutes, your dough will turn into delicious bread. If you are stuck surviving indoors then you can either try and cook it over a gas burner on your cooker or you could use the grill in your cooker. Make sure you keep turning it until it is a lovely golden brown. Be careful not to burn yourself.
7. Spread your topping of choice and enjoy your hard-earned tasty snack.



Mmmmmmmm! Yummy!!

Why not show us pictures of your bread sticks on social media but tagging Derwent Hill in them and comparing them to everyone else's?

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