



Spicy Peppercorn and Pecorino Breadsticks

READY IN



45 min.

SERVINGS



24

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3.5 cups bread flour divided
- 0.8 teaspoon pepper red crushed
- 2.3 teaspoons yeast dry
- 2 tablespoons olive oil extravirgin
- 2 teaspoons coarsely ground pepper black
- 4 ounces pecorino romano cheese fresh grated
- 1.8 teaspoons salt
- 2 tablespoons ground semolina
- 1.3 cups warm water (100° to 110°)

Equipment

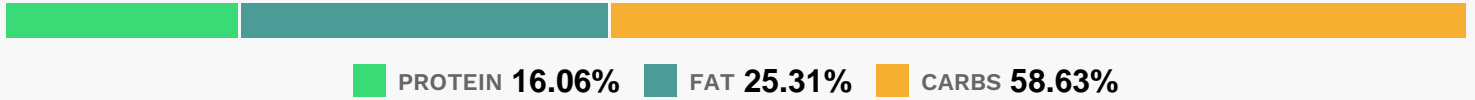
- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- measuring cup

Directions

- Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into a dry measuring cup; level with a knife.
- Add 1/2 cup flour to yeast mixture, stirring with a whisk.
- Let stand 30 minutes.
- Add remaining 3 cups flour, olive oil, black pepper, salt, and red pepper; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); cover and let rest 10 minutes. Knead in half of cheese; cover and let rest 5 minutes. Knead in remaining cheese.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down.
- Roll dough into a 12 x 8-inch rectangle on a lightly floured surface.
- Preheat oven to 450
- Sprinkle 1 tablespoon semolina onto each of 2 baking sheets.
- Cut dough in half lengthwise to form 2 (12 x 4-inch) rectangles.
- Cut each rectangle crosswise into 12 (1-inch-wide) strips. Working with 1 strip at a time (cover remaining dough to prevent drying), gently roll each strip into a 15-inch-long rope.
- Place rope on prepared pan, and repeat procedure with remaining strips, placing 12 on each pan. Cover and let dough rise 20 minutes.
- Uncover dough; bake each pan at 450 for 12 minutes.

Remove breadsticks from pans; cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:9.09, Inflammation Score:-1, Nutrition Score:2.7856521774893%

Nutrients (% of daily need)

Calories: 100.38kcal (5.02%), Fat: 2.79g (4.29%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 13.92g (5.06%), Sugar: 0.1g (0.11%), Cholesterol: 4.91mg (1.64%), Sodium: 228.53mg (9.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.97%), Selenium: 9.07µg (12.95%), Manganese: 0.18mg (8.83%), Phosphorus: 57.58mg (5.76%), Calcium: 54.76mg (5.48%), Vitamin B1: 0.06mg (3.92%), Folate: 15.47µg (3.87%), Vitamin B2: 0.05mg (2.82%), Fiber: 0.63g (2.51%), Copper: 0.04mg (2.16%), Zinc: 0.32mg (2.13%), Magnesium: 7.75mg (1.94%), Vitamin B3: 0.39mg (1.93%), Vitamin E: 0.28mg (1.87%), Iron: 0.3mg (1.64%), Vitamin B5: 0.15mg (1.49%), Vitamin K: 1.2µg (1.14%)