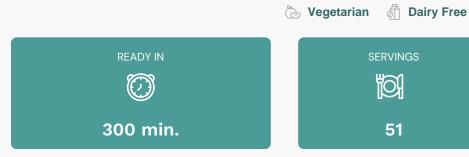


Witch's Finger Bread Sticks with Maple **Mustard Dip**







BREAD

Ingredients

0.5 durice yeast dry
0.5 tablespoon sea salt
0.5 cup dijon mustard coarse-grain
1 large water with 1 tablespoon water (egg wash) beaten
4 cups flour all-purpose
10 drops drop natural food coloring green
1 tablespoon maple syrup

	0.5 cup mayonnaise	
	48 almonds sliced	
	8 drops food coloring red with 1/4 teaspoon water diluted	
	1.5 teaspoons salt	
	1 tablespoon sugar	
	1.5 cups water (105°F to 115°F)	
Equipment		
	bowl	
	baking sheet	
	baking paper	
	oven	
	knife	
	whisk	
	hand mixer	
	ziploc bags	
	kitchen towels	
Directions		
	Stir together water, sugar, and yeast in the bowl of an electric mixer fitted with a paddle attachment until sugar is dissolved; let stand until yeast bubbles, about 5 minutes.	
	Beat in 1 cup of flour on low speed until combined.	
	Clean dough from paddle, then attach dough hook.	
	Add 1 1/2 teaspoons salt and 2 1/2 cups flour to mixture and beat until dough pulls away from the side of the bowl, about 3 minutes. (If dough is too sticky, add enough of 1/2 cup remaining flour, 1 tablespoon at a time, until dough is no longer sticky.)	
	Oil a large bowl and transfer dough to bowl, then turn dough over to coat it with oil. Cover bowl with a dry towel, then let dough rise in a draft-free place at warm room temperature until it is double in size, about 1 hour.	

	While dough is rising, place green food coloring in a small bowl, and using a paintbrush, paint one side of the almond slices or the rounded side of the peanut halves.	
	Heat oven to 450°F with rack in middle. Line 2 large baking sheets with parchment paper.	
	Divide dough into quarters. Work with 1 piece at a time, and keep remaining dough covered.	
	Roll one quarter into a 12-inch log, then cut it into 12 (1-inch) pieces.	
	Dust work surface with additional flour, if necessary, to facilitate rolling.	
	Roll and stretch each piece into a craggy 5-inch "finger."	
	Transfer fingers to baking sheets and let stand at warm room temperature, loosely covered with a smooth kitchen towel, until fingers are slightly puffed, 15 minutes.	
	Pinch top of fingers to look like knuckles, then lightly score each knuckle with a sharp knife.	
	Brush fingers with egg wash, then press on nails. With cleaned paintbrush, dab a little red color around the cuticles.	
	Sprinkle fingers all over with pretzel or coarse sea salt.	
	Bake fingers until deep golden, about 15 minutes (form more fingers while first batch is baking).	
	Transfer to a rack to cool.	
	Repeat forming and baking in batches with remaining dough.	
	Whisk together mayonnaise, mustard, and maple syrup until combined. Refrigerate until ready to use.	
	•Witch's Finger Bread Sticks are best eaten the day they are made, but they can be made 1 day ahead and kept, tightly wrapped, in a resealable plastic bag, or frozen 1 week.	
	Remove from bag and rewarm on a baking sheet in a 350°F oven before eating.	
Nutrition Facts		
	PROTEIN 9.32% FAT 34.64% CARBS 56.04%	

Properties

Glycemic Index:5.36, Glycemic Load:5.7, Inflammation Score:-1, Nutrition Score:2.1921738771641%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 59.97kcal (3%), Fat: 2.3g (3.54%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 7.86g (2.86%), Sugar: 0.58g (0.65%), Cholesterol: 0.92mg (0.31%), Sodium: 178.27mg (7.75%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 1.39g (2.79%), Vitamin B1: 0.1mg (6.62%), Selenium: 4.26µg (6.08%), Folate: 21.89µg (5.47%), Manganese: 0.11mg (5.43%), Vitamin B2: 0.07mg (4.22%), Vitamin K: 3.65µg (3.47%), Vitamin B3: 0.68mg (3.41%), Iron: 0.54mg (2.99%), Vitamin E: 0.33mg (2.18%), Fiber: 0.52g (2.1%), Phosphorus: 19.1mg (1.91%), Magnesium: 6.13mg (1.53%), Copper: 0.03mg (1.4%)