

Breadsticks with Dipping Sauce

Recipe By *Brynie Greisman*



Cooking and Prep:  2
h 10 m

Serves:  10

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Purim, Chanukah,
Nine Days

Diet: Vegetarian

Source: Kosher.com

Exclusive

This exclusive kosher.com recipe is an extension of Brynie Greisman's tried-and-true 'Baking with Yeast' set in this weeks Family Table. Check there for more favorites! "I first tasted these at my son's sheva brachos two years ago. I loved the combo of the breadsticks and the dip, yet I was determined to create a low-fat and healthier version of both. I wanted a breadstick that was crispy on the outside yet soft on the inside, so I used pizza dough. The sauce had to mimic the spicy pizza sauce they have here in Israel, but toned down. What can I say — from the enthusiastic response, I think I succeeded!"

Ingredients (20)

Dough

- 1/2 cup warm water
- 2 and 1/4 teaspoons **Gefen Dry Yeast**
- pinch of sugar

- 4 cups flour
- 1–1 and 1/2 teaspoons salt
- 1 heaping teaspoon sugar
- 1 and 1/4 cups apple juice, room temperature
- 2 tablespoons **Bartenura Olive Oil**
- Glicks Cooking Spray**
- white and black sesame seeds, for coating

Pizza Dipping Sauce

- 5 tablespoons **Gefen Tomato Paste**
 - 3 heaping tablespoons **Gefen Mayonnaise** (reduced fat is fine)
 - 1/2 teaspoon salt
 - 1/2 teaspoon oregano
 - 3 cloves garlic
 - 1/4–1/2 teaspoon black pepper
 - 2 tablespoons oil
 - 1 tablespoon sugar
 - 2 tablespoons water
 - 1 teaspoon cayenne pepper (paprika charifah in Israel)
-

Start Cooking

Make the Dough

1. Place the warm water into a small bowl. Sprinkle in yeast and a pinch of sugar and let proof for about five minutes. Place flour, salt, and one teaspoon sugar in the bowl of a mixer. Briefly combine the dry ingredients at low speed. Slowly add the yeast mixture and the rest of the liquid ingredients and knead until a soft dough forms. Continue kneading for a few minutes

until dough is smooth and elastic, about five minutes.

2. Form the dough into a ball, place in a deep oiled bowl, and cover with plastic wrap. This forms a tighter seal than a damp towel and keeps the dough moister. Let rise for one and a half hours.

Meanwhile, prepare a large plate with sesame seeds and set aside. Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius).

3. Punch down dough and divide in half. Roll each half into a large rectangle. Using a pizza cutter or very sharp knife, slice the dough into 20 even strips. Working with one strip at a time, fold the strip in half lengthwise. On a slightly damp work surface, roll it out into a cylinder. Twist breadstick and place on a sheet of Gefen Easy Baking Parchment Paper. Spray breadsticks lightly with cooking spray (so seeds will stick) and dip into sesame seeds. Transfer to a baking sheet lined with Gefen Easy Baking Parchment Paper. Repeat process with remaining dough.

4. Bake for 25–30 minutes or until golden. (They do not brown.) These freeze well, if they ever make it to the freezer!

Note:

If you are using water and not juice, the breadsticks are hamotzi.

Prepare the Pizza Sauce

1. For the pizza dipping sauce, mix all ingredients together with a hand blender until desired consistency is achieved. For a thinner sauce, add a little more oil and water. This sauce can easily be doubled or tripled and stays in the fridge for a while.