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# Parmesan Breadsticks

*The Essential Southern Living Cookbook*

Preparation Time: 15 minutes

Start to Finish Time: 1 hour 40 minutes

**1 package active dry yeast**  
**1 1/3 cups warm water (105 to 115 degrees)**  
**1/4 cup extra-virgin olive oil**  
**1 tablespoon honey**  
**1 teaspoon table salt**  
**4 1/4 cups all-purpose flour, divided**  
**1 1/2 ounces (1/2 cup) freshly grated Parmesan cheese**  
**2 teaspoons freshly ground black pepper**  
**2 tablespoons all-purpose flour**  
**1 egg white, lightly beaten**  
**2 teaspoons Kosher salt**

In a two-cup liquid measuring cup, combine the yeast and warm water. Let stand for 5 minutes.

In a large mixing bowl, combine the yeast mixture, olive oil, honey and one teaspoon of salt. Beat at medium speed with an electric mixer until well blended. Add two cups of flour. Beat for 2 minutes at medium speed. Stir in the Parmesan cheese and the pepper. Gradually stir in enough of the remaining 2-1/4 cups of flour to make a soft dough.

Turn the dough out onto a lightly floured work surface. Knead until smooth and elastic (about 8 to 10 minutes). Place the dough in a large well-greased bowl, turning to grease the top. Cover and let rise in a warm place (85 degrees), free from drafts, for one hour or until doubled in bulk.

Preheat the oven to 425 degrees.

Punch the dough down and divide into twelve equal portions. Roll each portion into a ten-inch rope. Place the ropes one inch apart on a large greased baking sheet. Brush the breadsticks with egg white and sprinkle evenly with Kosher salt.

Bake in the preheated oven until golden brown, about 10 to 12 minutes. Remove from the baking sheet and let cool on a wire rack.

Yield: 1 dozen breadsticks

## **Bread, Muffins**

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*Per Serving (excluding unknown items): 2581 Calories; 60g Fat (21.1% calories from fat); 63g Protein; 441g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 6157mg Sodium. Exchanges: 27 1/2 Grain(Starch); 1 Lean Meat; 11 Fat; 1 Other Carbohydrates.*