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Fleur de Sel Bread Sticks  
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Ingredients:

¼ cup rye flour  
¼ cup plus 1 tbs. all-purpose flour  
½ tsp baking powder  
¼ tsp baking soda  
½ tsp sugar  
1½ to 1¾ tsp Fleur de Sel  
¼ cup well-shaken low-fat buttermilk  
2 tsp unsalted butter, melted & cooled  
1 large egg white, lightly beaten with 1 tsp of water  
1 tsp coarsely ground black pepper  
Parchment paper

To prepare:

Preheat oven to 350°F.

Mix flours, baking powder, baking soda, sugar, and ¼ tsp Fleur de Sel, with fork then stir in buttermilk. Transfer to a lightly floured surface and gently knead 5 or 6 times.

Form dough into a log and cut into 16 pieces. Roll each piece into a 10-inch-long rope (if dough sticks, lightly flour work surface) and arrange ½ inch apart on 2 parchment-lined large baking sheets.

Brush breadsticks with beaten egg white and sprinkle with pepper and remaining Fleur de Sel (to taste). Bake in upper and lower thirds of oven, switching position of sheets halfway through baking, until golden and crisp, 20 to 22 minutes total. Transfer to racks to cool.