

Multigrain Breadsticks with Malt Flour

With 8 All Natural Briess Ingredients

INGREDIENTS	US/Oz	METRIC/g
Honey	3.0	85
BRIESSWEET™ BROWN RICE SYRUP 60 DE	2.3	65.2
Active Dry Yeast	0.5	13.9
Warm Water	14.6	415
Dry Milk Powder	1.6	45.4
Large Eggs	3.5	99.2
Vegetable Oil	0.7	19.9
Salt	0.4	12
INSTA GRAINS® MALTED WHEAT THICK FLAKES	1.1	31.2
INSTA GRAINS® BROWN RICE GRIT	1.1	31.2
INSTA GRAINS® RYE FLAKES	0.9	25.5
INSTA GRAINS® TRITICALE FLAKES	0.9	25.5
MALTED WHEAT FLOUR, WHOLE GRAIN	1	28.4
MUNICH 10L MALTED BARLEY FLOUR, WHOLE GRAIN	1	28.4
Whole Wheat Flour	4.3	121.9
Bread Flour	12.4	351.5
All Purpose Flour	11.1	314.7
BRIESS® YELLOW DENT CORN MEDIUM FIND GRIND	.2	5.7

BENEFITS OF BRIESS INGREDIENTS

Insta Grains® are quick cook ingredients, no soak or pre-cook required

Insta Grains® have low micros and digest easily

Many Insta Grains® Flakes are high fiber whole grain ingredients

Briess® Roasted Corn delivers warm roasted flavor and aroma

Malted Barley and Wheat Flours are natural dough conditioners; reduce proof time, improve volume, enhance browning, soften crumb, natural humectants to extend shelf life

Low fat

Trans fat free

All natural

Kosher certified

Non-GMO

Made in U.S.A.

Source multiple ingredients from one supplier

1. Preheat oven to 350 °F.
2. Combine honey, extract, yeast and warm water in large bowl. Let stand 10 minutes.
3. Meanwhile, in a large bowl combine Insta Grains® ingredients, flours and salt.
4. Add eggs, dry milk powder and oil to yeast mixture. Stir well.
5. Slowly add dry ingredients to yeast mixture using a dough hook on low speed.
6. Mix to a soft dough, approximately 2 minutes.
7. Place dough onto a lightly floured board and knead dough for at least 8 minutes. If dough is not kneaded long enough, it will be weak and not rise well.
8. After kneading, place the dough into a lightly oiled bowl and cover.
9. Rise until dough doubles in size, about 60 minutes.
10. Roll dough on lightly floured board to a thickness of 3/8 inch.
11. Cut into breadsticks.
12. Brush with egg wash (2 egg whites and 2 tablespoons water).
13. Top with Briess™ Yellow Dent Corn Medium Fine Grind.
14. Bake 15 minutes.
15. Remove and brush with egg wash again.
16. Return to oven and bake an additional 5-7 minutes.
17. Cool on a cooling rack.