



Brushed Breadsticks in a Skillet + No-Cook Marinara Sauce + Spumoni Shakes

By Dylan Sabuco

Prep Time 25 / Cook Time 15 / Serves 4 - 6

Shopping List

- FROZEN
- 1 C frozen cherries
- PANTRY
- 1/4 C olive oil
- 2 tsp active dry yeast
- 2 1/4 tsp granulated sugar
- 1 1/2 tsp salt
- 2 C all-purpose flour ****(see allergy subs below)****
- 1/2 C Parmesan cheese ****(see allergy subs below)****
- 1 1/4 tsp dried oregano
- 1 1/4 tsp garlic powder
- 1 1/4 tsp dried rosemary
- 2 T cornmeal
- 1 4-oz can tomato paste ****(see allergy subs below)****
- 1 small can sweetened condensed milk ****(see allergy subs below)****
- 1 T cocoa powder ****(see allergy subs below)****
- 1/2 tsp pure vanilla extract ****(see allergy subs below)****

HAVE ON HAND

2 C water

1 C ice

Fun-Da-Mentals Kitchen Skills

bake: to cook food with dry heat, as in an oven.

knead: to work dough by pushing, pulling, and folding it by hand or with a stand mixer.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

sprinkle: to scatter small drops or particles of an ingredient evenly or randomly over food.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

slice: to cut into thin pieces using a sawing motion with your knife.

Equipment

Can opener

Small mixing bowl

Measuring spoons

Wooden spoon

Blender (or pitcher + immersion blender)

Liquid measuring cup

Large skillet with lid

Large mixing bowl

Medium mixing bowl

- Dry measuring cups
- Tongs
- Cutting board + kid-safe knife

Ingredients

Brushed Breadsticks in a Skillet

- 3 T olive oil
- 3/4 C water
- 2 tsp active dry yeast
- 2 tsp granulated sugar
- 1 tsp salt
- 2 C all-purpose flour **** (for GLUTEN ALLERGY sub gluten-free/nut-free flour)****
- 1/2 C Parmesan cheese **** (for DAIRY ALLERGY sub 1/4 C nutritional yeast)****
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1 tsp dried rosemary
- 2 T cornmeal

No-Cook Marinara Sauce

- 1 4-oz can tomato paste **** (for NIGHTSHADE/TOMATO ALLERGY sub 1/2 C pumpkin purée + 1 big pinch of other seasonings)****
- 1/2 tsp salt
- 1/4 tsp garlic powder
- 1 pinch granulated sugar
- 1/4 tsp dried oregano
- 1/4 tsp dried rosemary
- 1 T water
- 1 tsp olive oil

Sweet Spumoni Shakes

- 7 oz sweetened condensed milk **** (for DAIRY ALLERGY sub 1 C dairy-free/nut-free plain yogurt + 1/2 C**

granulated sugar)**

1 T cocoa powder

1/2 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**

1 C frozen cherries

1 C water

1 C ice

Food Allergen Substitutions

Brushed Breadsticks in a Skillet

Gluten/Wheat: Substitute gluten-free/nut-free flour.

Dairy: For 1/2 C Parmesan cheese, substitute 1/4 C nutritional yeast.

No-Cook Marinara Sauce

Nightshade/Tomato: For 1 4-oz can tomato paste, substitute 1/2 C pumpkin purée and add 1 big pinch of all the seasonings in the recipe.

Sweet Spumoni Shakes

Dairy: For 7 oz sweetened condensed milk, substitute 1 C dairy-free/nut-free plain yogurt + 1/2 C granulated sugar.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Brushed Breadsticks in a Skillet

intro

Breadsticks have been a restaurant and household staple since they appeared in Italy in the late 14th century. Breadsticks were originally known for their crisp and snappy texture; however, they have evolved since then to include fluffy versions meant for dipping or twisty, knotted variations meant for brushing with oil and topping with cheese. Our breadsticks will be made in a skillet to add a new twist. The thin, crispy dough you will create will get brushed with oil and herbs and sprinkled with a bit of cheese for the ultimate, dippable breadstick. You might need to make extra dough because these breadsticks will be gobbled up

before you know it.

measure + mix

Start by measuring **2 teaspoons active dry yeast**, **2 teaspoons sugar**, and **3/4 cup water** into a large bowl. Gently mix. In a medium bowl, measure **1 teaspoon salt**, **2 cups flour**, **1 teaspoon garlic powder**, **1 teaspoon dried oregano**, and **1 tsp dried rosemary**. After 5 minutes have gone by, pour the flour mixture into the large bowl with the water, yeast, and sugar. Mix with a wooden spoon until a loose ball of dough forms.

scrumptious science

Even though yeast looks like large grains of sand, it is actually a living organism. Yeast is a label broadly used to describe about 1,500 different kinds of fungi. This means that yeast makes up about one percent of the fungus you would come across in the world. The type we are using today is called active dry yeast. It means that the yeast is alive but sleeping in its container. To "wake up" the yeast, you will need to feed it its favorite breakfast: sugar! Once the yeast begins eating the sugar, it creates a byproduct: carbon dioxide. (I like to think of the yeast as burping little, itty bitty burps from eating the sugar too fast!) This carbon dioxide will later be trapped inside the breadstick dough you are creating in this recipe, which is super important for making a light, fluffy texture.

preheat + knead

Preheat a large skillet to low heat. Drizzle with **1 tablespoon olive oil** and sprinkle **2 tablespoons cornmeal** over that. This mixture will prevent the breadsticks from sticking to the skillet. Meanwhile, take a few minutes to knead the dough. When kneading, be sure to press with the heel of your hand and fold the dough occasionally to ensure you are evenly mixing all the parts of the dough.

bake + sprinkle

Once kneaded, stretch the dough into the thinnest possible circle possible. Gently lift the dough and lay it into the skillet. It should look like you are making a big pizza with no sauce or toppings. Sprinkle with **1/2 cup Parmesan cheese** and drizzle with the remaining **2 tablespoons olive oil**. Increase the heat to medium, cover the skillet, and cook for 12 to 15 minutes.

slice + dip

While the dough cooks, be sure to manage the heat and check the bottom of the dough every few minutes using tongs. Once the dough is brown on the bottom and fully cooked on the top, remove it from the skillet and slice into long strips. These breadsticks are ready to dunk in some sauce! "Mangia bene" (MAN-jah BEH-neh) or "Eat and enjoy" in Italian!

No-Cook Marinara Sauce

measure + mix

This recipe is super simple. All you have to do is dump all the ingredients into a bowl, mix them, and adjust the flavor and texture to your liking. Let's dive in! Measure **1 can tomato paste**, **1/2 teaspoon salt**, **1**

pinch of sugar, 1/4 teaspoon garlic powder, 1/4 teaspoon dried oregano, 1/4 teaspoon dried rosemary, 1 tablespoon water, and 1 teaspoon olive oil. Stir to combine. Take a small taste and adjust the flavor and texture to your liking by adding more oil, water, or seasonings.

dip + dunk

Dip and dunk your brushed breadsticks in this super simple and delicious sauce. Buon appetito!

Sweet Spumoni Shakes

intro

Spumoni typically refers to a tri-colored combination of cherry, pistachio, and chocolate ice creams. This recipe will skip the bright green pistachio (SFC is 100% nut-free). Instead, we will try to recreate the iconic flavor in a nut-free way.

measure + blend

Measure and dump everything into a blender (or pitcher for use with an immersion blender). You will need **7 ounces sweetened condensed milk, 1 tablespoon cocoa powder, 1/2 teaspoon vanilla extract, 1 cup frozen cherries, 1 cup water, and 1 cup ice.** Blend until smooth. Try some Italian counting while you blend: 1 uno (ooh-noh), 2 due (dooeh), 3 tre (treh), 4 quattro (kwat-troh), and 5 cinque (cheen-kweh). Feel free to add more of any ingredient to adjust the flavor.

pour + slurp

Pour the shake into cups and enjoy! "Salute" (sah-LOO-teh) or "Cheers" in Italian!

Featured Ingredient: Baker's Yeast!

Hi! I'm Baker's Yeast!

"Did you know that I'm a living organism? If you add baker's yeast to dough, it will cause your bread, cinnamon rolls, doughnuts, and more to rise up! Just add me to warm water with a little sugar (which I love to eat) and wait at least five minutes until I burp some gas bubbles (excuse me!) and get foamy at the top before adding me to your flour and other ingredients!"

Yeasts are single-celled, microscopic members of the fungus kingdom. Baker's yeast is from the species *Saccharomyces cerevisiae*. It is the strain of yeast used to leaven (or raise) bread and other types of dough. It is also used in beer and winemaking.

There are several varieties of baker's yeast: active dry yeast, compressed yeast, cream yeast, deactivated yeast, instant yeast, and rapid-rise yeast. Home bakers and Sticky Fingers Cooking chef instructors generally use active dry yeast, instant yeast, or rapid-rise yeast when baking.

Active dry yeast must be activated by adding a warm liquid, like water or milk. Its granules are larger than the other dry yeasts, instant and rapid-rise, which do not have to be rehydrated (or proofed).

The word "yeast" comes from the Old English "gist," of Germanic origin, from an Indo-European root "yes-," meaning to "boil," "foam," or "bubble."

Baker's yeast has some protein, fiber, B vitamins, and potassium; however, the amount you would get from a packet of active dry yeast distributed throughout a dough would be minimal.

Nutritional yeast, a deactivated yeast, contains more protein, fiber, B vitamins, and potassium than active dry yeast. People who eat a vegan or vegetarian diet often add nutritional yeast to foods to supplement these nutrients and add a nutty or cheesy flavor to foods.