



Seeded Pumpkin Breadsticks

Makes: 6 breadsticks

Prep Time: 20 minutes Cook Time: 25 minutes

Total Time: 45 minutes plus rise time 90 minutes

Ingredients

For the Bread:

- 1 & 1/2 cups pumpkin purée
- 2 tsp instant yeast (or active yeast, but see Chef's Note below)
- 2 tbsp honey
- 1/2 cup lukewarm water
- 2 tbsp vegetable oil
- 3 & 1/2 cups all-purpose flour, plus more as needed
- 1/2 cup sunflower seeds
- 2 tbsp sesame seeds
- 1 tbsp flax seeds
- 2 tsp salt

For the Topping:

- 1 egg, lightly beaten
- 1/4 cup pepitas, pumpkin seeds
- 1 tbsp poppy seeds
- 2 tbsp sunflower seeds

Instructions

In a large bowl or the bowl of a stand mixer fitted with the paddle attachment, combine the pumpkin puree, instant yeast, honey, water, vegetable oil and 1 cup of the flour. Mix until combined. Stir in the seeds and salt, then switch to the kneading hook.

Gradually add 2 & 1/2 cups more flour, kneading to incorporate and adding more as needed until you have a smooth and moist dough, that is not sticky or too dry (I used an addition 1/3 cup flour).

Remove dough to a greased bowl, cover with plastic wrap and allow to rise until doubled, about 60-90 minutes.

Remove dough to a floured surface and gently deflate. Divide dough into 6 equal portions and form into a log 1 & 1/2 inches wide and 12 inches long. Place onto a large, lightly greased baking sheet (I used two baking sheets to give the breadsticks room to spread out). Repeat with remaining dough pieces, placing sticks a couple of inches apart on the sheet. Cover with a clean tea towel and allow to rise until doubled, about 30-45 minutes.

Preheat oven to 400°F. Brush rolls with lightly beaten egg, then sprinkle with pepitas, poppy seed and sunflower seeds. Bake in preheated oven for about 25 minutes, or until golden and hollow-sounding when tapped. Remove to a cooling rack to cool.

Chef's Note:

If using Active Dry yeast, you can't add it directly to the flour as it must be proofed in warm water. So add the Active Dry yeast directly to the lukewarm water, let stand 5 minutes, then add that mixture to the dough ingredients when yeast is specified.

Recipe from Seasons and Suppers