



Twist bread – the basic recipe

AT A GLANCE

**What**

Classic twist bread (stick bread) over the embers

**What for**

Campfire evening, group meeting, camp

**Memory aid**

Embers, not flames



15 min dough + 45 min rising



for approx. 10 twists



contains gluten



Ingredients

- ☐ 500 g plain wheat flour
- ☐ 1 sachet dried yeast (7 g)
- ☐ 1 tsp salt and 1 tsp sugar
- ☐ 250 ml lukewarm water
- ☐ 3 tbsp oil



How to do it

- 1 Mix the flour, yeast, salt and sugar in a bowl.
- 2 Add the water and oil and knead for at least 5 minutes to a smooth dough.
- 3 Cover and leave to rise in a warm place for 45 minutes.
- 4 Find fresh sticks as thick as your thumb (approx. 1 m) and peel the bark off the end.
- 5 Divide the dough into 10 portions, roll them into snakes and wrap them around the end of the stick in a spiral.
- 6 Turn slowly over the embers until the bread is golden brown (approx. 10–15 minutes).



Variations

- **Sweet:** 2 tbsp sugar and 1 tsp cinnamon in the dough.
- **Pizza twist:** knead in herbs and grated cheese.
- **Quick:** use ready-made pizza dough from the chiller cabinet.



Safety: Ask about allergies (gluten!). Keep your distance from the fire and do not wave the sticks around.