

Italian Bread Balls



These classic Italian bread balls with soft and fluffy interiors are great as a snack to nibble on. Serve with antipasti and dipping sauce for a scrumptious accompaniment to an Italian meal.

Nutrition Content Per 100g:

Calories 316kcal; Total Fat 8.7g; Saturated Fat 1.6g; Trans Fat 0g; Cholesterol 0mg; Total Carbohydrates 50.0g; Dietary Fiber 1.0g; Sugars 5.5g; Protein 9.4g; Calcium 50.5mg; Magnesium 13.5mg; Phosphorus 98.6mg; Potassium 149mg; Sodium 120mg; Iron 0.8mg; Vitamin A 0IU; Vitamin C 1.7mg

Benefit of Using U.S. Permeate:

- Contributes to browning and a softer texture in bread products.

For Breadstick Dough

Ingredients:

Bread Flour	570g
Instant Yeast	12g
Granulated Sugar	15g
U.S. Permeate	75g
U.S. Parmesan Cheese	50g
Bread Improver	3g
Olive Oil	35g
Water	350g
Total	1110g

Preparation:

1. Combine bread flour, permeate, water, sugar, yeast and olive oil. Mix on low speed for approximately 3 minutes. Increase speed to medium and continue mixing for a further 6 to 8 minutes.
2. Transfer the dough into an oiled bowl. Cover and let it rise till it doubles in size for about 60 minutes.
3. Punch down the risen dough and turn dough out onto countertop and fold 2 - 3 times. Cover loosely and let it rest for 10 to 15 minutes at room temperature.
4. Divide into dough balls of 20g each.



For the Toppings on each Bread Ball

Ingredients:

Olive Oil	100g
Italian Herbs & Seasoning	8g
Total	108g

Preparation:

5. Let it rest and rise for about 30 minutes.
6. Bake dough balls at 200°C for about 15-18 minutes, or until tops are golden brown.
7. In a small bowl, combine olive oil with Italian herbs & seasoning. Mix until well combined.
8. Gently brush the top of each bread ball with the oil & herb mixture.

Tips:

- Dough can be used as pizza base or breadstick (with or without stuffed string cheese).

Developed by U.S. Dairy Export Council Southeast Asia.
For additional information and recipes using U.S. dairy ingredients, visit: <https://www.usdairyexcellence.org/>