

## Southern Cheese Straws

Tree House for Grown-Ups | April 2008



*These are quick to prep, can be made ahead, and offer an amazing cheddar flavor.*

PREP: 25 MINUTES   BAKE: 10 MINUTES   OVEN: 425°

**1<sup>2</sup>/<sub>3</sub> CUPS UNBLEACHED ALL-PURPOSE FLOUR**

**1 TSP. SALT**

**1 TSP. DRY MUSTARD**

**1/4 TSP. CAYENNE PEPPER OR MORE TO TASTE**

**8 OZ. EXTRA-SHARP CHEDDAR CHEESE, SHREDDED**

**1/2 CUP UNSALTED BUTTER, CUT INTO PIECES**

**2 TBSP. WATER**

Sift together the flour, salt, dry mustard, and cayenne pepper; set aside.

In another medium mixing bowl combine shredded cheese and butter; beat with an electric mixer on medium speed for several minutes until thoroughly blended. Gradually add dry ingredients to the butter and cheese and mix until completely incorporated. Add the water and mix for 1 minute longer.

Turn the dough onto a lightly floured surface; knead 5 or 6 times. Roll dough to a 12×8-inch rectangle that is about 1/4 inch thick; cut into strips (1/4 inch wide by 4 to 6 inches long). Place strips on ungreased baking sheets 1/2 inch apart; bake in a 425° oven for 10 to 12 minutes until golden brown and crisp. Cool completely and store in airtight containers for up to 3 days. Makes 6 dozen.

Per Cheese Straw: 35 cal., 2 g total fat (1 g sat. fat), 7 mg chol., 52 mg sodium, 2 g carbo., 0 g dietary fiber, 1 g protein.