

Grissini Sticks

Ingredients

- 250g strong white flour, plus extra for dusting
- ½tsp salt
- 5g yeast
- 2tbsps olive oil
- 150ml water
- Sesame or poppy seeds



Method

1. Put the flour, salt, yeast and olive oil into a bowl and mix together.
2. Gradually add the water and mix until all the flour has been incorporated from the sides of the bowl.
3. Tip the dough out onto a lightly floured surface and knead for 5 minutes. Return the dough to the bowl and leave to rest for 30 minutes.
4. Preheat the oven to 220°C/200°C – Fan. Line two baking trays.
5. Rip the dough into 15-20g pieces and, without using any flour, roll each out under the palm of your hands into thin strips about 25cm in length.
6. Moisten your hands a little and roll each strip in sesame or poppy seeds, then place on the baking trays.
7. Bake for 20 minutes until golden brown.

Notes

Makes about 25 sticks