

Gluten free Alphabet Grissini

Recipe source: modified from Alphabet Grissini recipe SAKGF

Fresh from the garden – parsley, chives, dried herbs – thyme, oregano, celery leaves

Note: Start this dough the night before you need to use it.

<u>Equipment</u>	<u>Ingredients</u>
Large bowls scales, measuring jugs, cups and spoons 2 large bowls pastry brush clean tea towel 4 large baking trays baking paper 1 piece per student plastic wrap butter knives wire racks airtight container	1.5 cups warm water (370 ml) 1 teaspoon sugar (4 g) ½ teaspoon active dry yeast (2 g) 3 cups gluten-free flour (420 g) 1 teaspoon salt (5 g) Olive oil.

What to do

To make the dough:

Add 1.5 cups warm water, 1 teaspoon sugar and ½ teaspoon active dry yeast to a bowl and stir.

Wait five minutes for the yeast to activate it, it should be bubbly.

Add the flour and salt to a separate big bowl and stir.

Slowly add in the activated yeast mixture and stir until you get the right consistency.

You should have a thick sticky dough; it shouldn't be too wet or too dry.

Grease the inside of a large bowl with a little olive oil, then put the dough into the oiled bowl.

Cover the bowl with a clean, dry tea towel and leave in a warm, protected spot for at least 5 hours.

To make the grissini letters:

Preheat the oven to 200°C.

Line the baking trays with baking paper.

Tip the risen dough onto a clean, dry, floured workbench. Add the fresh herbs to the dough and knead briefly.

Divide the dough into 10 equal pieces. Roll each piece into a rope about 30 cm long and 5 mm thick.

Shape the dough ropes into the alphabet letters of choice. Using a butter knife, cut pieces of rope as needed to make the various parts of the letter.

Sprinkle the letters with salt and, if using, seeds or spices.

Place the grissini carefully onto the baking paper on the baking trays.
Bake for 10–15 minutes until the grissini is firm to the touch.
Remove the baking trays from the oven and allow the grissini to cool a little on the trays before moving to a wire rack.
Once completely cool, serve or store in an airtight container (for up to 2 or 3 days).
Serve with Zucchini Soup or a sauce or dip of your choice ENJOY!