



## Fennel seed grissini

Serves: 24 - 30 tastes

Source: Kitchen garden companion, Stephanie Alexander



### Ingredients

400 grams white bakers flour  
100 grams semolina  
4 teaspoons dried yeast  
1 teaspoon salt  
2 teaspoons olive oil  
1 & 1/3 cups warm water

### Fennel & garlic marinade

½ cup olive oil  
2 cloves garlic minced  
2 teaspoons fennel seeds, lightly crushed in with a mortar and pestle  
Sea salt

### Equipment

Large baking tray x 2  
  
Mixing bowls  
Measuring cups and spoons  
Measuring scales  
  
Large bowl  
Mortar and pestle  
Pastry brush

### What to do:

- Pre heat oven to 200 degrees
- Combine flours, salt and yeast in a mixing bowl
- Make a well in the centre of the flour and pour in the water and oil
- Combine the flours and water until you have a soft, not sticky, dough
- Put the dough onto a lightly floured surface and knead for 8-10 minutes – or until it feels smooth and elastic
- Place the dough in a lightly oiled bowl, cover with cling wrap and allow to prove for 1 hour – or until doubled in volume
- Knock back the dough by kneading lightly
- Put baking paper on the baking trays
- Divide the dough into 30 even pieces
- On a workbench, roll each piece into a thin sausage shape about 25cm long, using both hands. Spread your fingers as the dough stretches
- Make the fennel and garlic marinade by combining oil, garlic, salt and fennel seeds in a shallow dish
- Drag the rolled sausages of dough through the fennel and oil mix, use the pastry brush to help coat them in the marinade
- Transfer them to the baking trays, space them well apart
- Cover with a tea towel and allow to rise for 5 minutes
- Bake for 10 minutes and then turn them over, bake for a final 5 minutes, or until crisp.
- Cool and serve