



Grissini

Difficulty: Moderate

Type: Side/snack

Allergy advice: **Wheat, Gluten**

Cuisine: Italian

Serves: 20-30 sticks

From the garden: Rosemary

Season: Any

Source: SAKGF

Equipment	Ingredients
<ul style="list-style-type: none">• 2 large bowls• Metric measuring scales• Metric measuring cups and spoons• 2 pastry brushes• 2-3 baking trays• Baking paper• Butter knives• Wire cooling racks	<ul style="list-style-type: none">• 400 grams plain flour, plus extra for dusting• 1 Tbsp instant dry yeast• ½ Tsp salt, plus extra for sprinkling• 1 cup lukewarm water• 1 Tbsp olive oil, plus extra for greasing• 1 Tbsp Rosemary, finely chopped• 1 handful of seeds, optional

What to do:

To make the Grissini:

1. Pre-heat the oven to 200 degrees Celsius.
2. Line the baking trays with baking paper.
3. Tip the risen dough onto a clean, dry, floured workbench. Add the chopped Rosemary to the dough and knead briefly.
4. Divide the dough into 20-30 even pieces and roll into 30cm lengths. Place the rolled dough onto the baking trays as you go, leaving a little space in between Grissini.
5. Sprinkle the Grissini with salt and seeds and give them a little roll to coat.

6. Once finished, place into the hot oven and bake for about 10-15 minutes until they are firm to the touch and light golden.
7. Once done place trays onto a wire rack until the Grissini are cool enough to handle.

To make the dough. This will be for the next class.

1. Place the flour, yeast and salt into a large mixing bowl, and mix.
 2. Create a well in the centre of the flour, and pour the water and oil gently into the well.
 3. Start mixing with a wooden spoon, then use your hands to bring the dough together.
 4. Turn the dough out onto a clean, dry, floured workbench and knead for a few minutes until the dough looks nice and smooth.
 5. Grease the inside of a large bowl with olive oil, and place the dough inside to rest. Leave the dough to rise, for at least 1 hour until it has doubled in size. This dough will be used by the next class.
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