

Grissini

~with herbs, garlic, cheese, and sea salt~

2/3 cup warm water (110°)
1 teaspoon instant dry yeast
Pinch of sugar
1 Tablespoon olive oil
1 ½ cups bread flour
¼ cup finely grated Parmesan cheese
1 teaspoon sea salt
1 teaspoon finely chopped rosemary
2 cloves of garlic, minced

Pour the warm water into a small bowl, then stir in the yeast and sugar until the sugar dissolves. Leave the mixture to stand for 10 minutes, or until you see a foam starting to form. Stir in the olive oil.

In a large bowl, add the bread flour, Parmesan, sea salt, rosemary, and garlic. Mix these ingredients well, then pour in the yeast mixture and stir it carefully until a dough forms.



Knead the dough for 5 minutes on a lightly floured surface. The dough will become smooth and elastic. Create a rough looking ball from the dough, then place the dough into a large bowl coated with olive oil. Be sure to coat the dough in the oil as well. Cover the bowl with a damp towel and leave it to rise in a warm spot (proof) for about an hour or until the dough has doubled.

Preheat your oven to 400° and line your baking tray with parchment paper. Punch down the dough and drop it onto a well-floured work surface. Cut the dough in half and roll out one of the halves to make an 8"x6" rectangle. Cut the dough into thin strips (about ½ inch) and carefully pull each strip into 9" long sticks and place them onto your parchment-lined baking tray. Repeat with the other half of the dough.

Sprinkle some additional sea salt onto the grissini, then bake for 15-20 minutes, or until the bread sticks are golden and crisp. Rotate the tray halfway through the baking process to make sure they are evenly baked.