

Grissini / Bread Sticks with Whole Wheat:

Yield: About 12 grissini

Preparation Time: About 2 ½ hours

Baking Time: About 15 minutes at 450 F

<p><u>Ingredients:</u></p> <p>Bread dough:</p> <ul style="list-style-type: none">• 1 tsp. active dry yeast• ½ cup <i>plus</i> 2 Tbsp. lukewarm water• 1 Tbsp. olive oil• 1 cup all purpose flour• ½ cup whole wheat flour• ¼ tsp. salt <p>Possible Toppings:</p> <ul style="list-style-type: none">• Poppy seeds• Sesame seeds• Chopped fresh rosemary or thyme • Cornmeal, for the baking tray (or parchment paper)• Ice cubes, for the oven	<p><u>Equipment:</u></p> <ul style="list-style-type: none">• Liquid measuring cup• Measuring cups and spoons• Large bowl• Plastic wrap, or a tea towel• 2 baking sheets• Small sharp knife or a pizza cutter• Cooling rack
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Method:

1. Measure lukewarm water. Dissolve the yeast in the water. Add the olive oil and stir.
2. Measure the flours and put in large bowl. Combine together and make a well in the flour.
3. Sprinkle the salt around the edge of the flour.
4. Pour the water and yeast in the well. Mix the liquid with the flour until a dough starts to form.
5. Put dough onto a lightly floured work surface. Let the dough rest while you clean the bowl.
6. Knead about 10 minutes, until the dough is soft and smooth. Add a little more flour if necessary.
7. Put a few drops of oil in the clean bowl.

8. Put the ball of dough into the bowl. Swish it around, turn it over and put it back in the bowl. Cover the bowl with plastic wrap and put it in a warm place to rise for about an hour. It should double in size.
9. Prepare two baking sheets by sprinkling with cornmeal or lining with parchment paper. Turn on the oven to 450 F (a *hot* oven!).
10. Once risen, remove the dough from the bowl and flatten into a rectangle on a cutting board.
11. Using a knife or a pizza cutter, cut the dough into 3 cm wide strips.
12. Cover the dough with plastic wrap or a tea towel. One by one, start rolling each piece out, placing your flattened hands in the centre of the dough and moving them slowly outward, rolling as you go. Try to keep the thickness of the rolls as even as possible. When each grissini is nearly the size you want it to be, roll each in chopped herbs, poppy seeds or sesame seeds.
13. When each roll is the width of your finger and as long as the width of your baking sheet, let it hang from one hand for a few seconds to keep its length, because it will want to shrink back. Place on the prepared baking sheets, leaving a space between each grissini.
14. When all the grissini are rolled out, cover with plastic wrap or a tea towel and let rest and rise again for 10 minutes.
15. Have an adult place the grissini in the oven. Toss a few ice cubes into the oven to make some steam so the crust will be crispy. Bake for about 15 minutes, or until they are nicely browned.
16. Have an adult remove them from the oven and cool on a cooling rack.
17. Serve in a tall glass on the table, like flowers!

Tasty Tip:

- If freezing the dough before baking, after you have finished kneading the dough, wrap the dough in plastic wrap and place in the freezer immediately.
- Thaw wrapped dough in the fridge before placing in a bowl to rise in a warm place. Because the dough is cold, it will take longer to rise. Let rise until doubled in size.

