

Rosemary Grissini

NOTES TO STUDENTS and VOLUNTEER: Make the dough first and while it is proving use the dough has been made for you to make the Grissini.

Equipment

- Large mixing bowl
- Small mixing bowl
- Board for kneading
- Rolling pin
- Large knife
- Measuring cups
- Measuring spoons
- Measuring jug
- Baking tray
- Baking paper

Ingredients

- 3 cups plain flour + some for the board
- 1 ½ teaspoon salt
- ½ cup freshly chopped rosemary
- 2 teaspoons instant dried yeast
- 1 teaspoon sugar
- 2 tablespoons extra virgin olive oil
- 1 ¼ cups warm water
- some extra water
- sea salt

What to do

1. In the large mixing bowl, combine flour, salt, rosemary and dried yeast.
2. In the jug of warm water (not too hot or you will destroy the yeast). Stir in sugar and olive oil. Mix well and then add to the dry ingredients.
3. With fingers, combine to form rough dough.
4. Remove from the bowl to a lightly floured board. Knead lightly and gently for about 5 minutes until smooth and elastic.
5. Transfer to a lightly oiled bowl - ceramic or glass.
6. Cover with a warm damp tea towel and place in a warm spot - draught free. A just heated oven turned off is a good place. This allows the dough to 'prove'. The yeast is made active by the sugar and grows in the warmth to double its size in about 45 minutes.
7. Pre-heat the oven to 180C.
8. Line 2 baking trays with baking paper.
9. Turn the dough out of the bowl back onto the board, lightly floured again. Knock it down to its original size.
10. Divide the dough in half and roll each half into a rectangle 30cm x 10cm.
11. With a knife cut 1cm strips from the short side of the dough. When all the dough is cut, roll each piece under the palm of your hand on the work surface. Form a strand 20cm long.
12. Transfer to the baking trays.
13. Sprinkle the Grissini with a little water and then with sea salt.
14. Bake for approximately 15 minutes or until golden brown.