

GRISSINI

INGREDIENTS

3/4 cup warm water (between 100-100F)
2 tablespoons sugar
1 tablespoon kosher salt
1 tablespoon pure olive oil
2 cups bread flour
2 teaspoons instant yeast
1 egg white (for brushing)
1/4 cup sesame seeds or dried herbs

DIRECTIONS

In the work bowl of your stand mixer, place 1 cup of the flour and make a little well on the top. Sprinkle in yeast, sugar and salt, before adding the water. Let sit for 15 minutes for the yeast to activate. Once it has created a sponge

Add the remaining flour and the olive oil and using the paddle attachment, start the mixer on low and mix until the dough just comes together, forming a ball. Lube the hook attachment with cooking spray. Attach the hook to the mixer and knead for 15 minutes on medium speed. Place the dough in an oiled bowl and let the dough rise in a warm place for about 60 to 90 minutes.

Preheat oven to 375F. Line two cookie sheets with silpat or parchment paper.

Place the dough on 1 floured surface and cut the dough in small pieces (you should get between 15-20 pieces) and roll out into pencil size sticks. Place on cookie sheets and using a pastry brush, brush with the egg white. Sprinkle with sesame seeds or herbs and salt. Bake until they are nice and golden brown, about 15 – 20 minutes. Remove and let cool on wire racks.