



Homemade Grissini

amount	ingredients
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250 gr	wheat flour type 405
250 gr	whole wheat spelled flour
1 packg	dry yeast
275 ml	water
2 TL	salt
3 EL	olive oil
1 TL	honey
	sesame
	poppy
	sea salt
	rosemary, thyme or other herbs

Preparation:

1

Put the flour, dry yeast, water, salt and olive oil and honey in a bowl and knead. Place the dough on the work surface and knead for about 10 minutes until it is smooth and elastic. Cover with a kitchen towel and let it rest for about 1.5 hours, then knead again.

2

As soon as the dough has doubled (after about 1.5 - 2 hours) the breadsticks are shaped. Preheat the oven to 180 degrees top and bottom heat. Quarter the dough and divide into equal portions / balls. Shape these into approx. 30cm long breadsticks. For this purpose, the dough balls can be rolled or pulled around on the worktop or twisted like a cord. The thinner the breadsticks, the crispier they will be.

3

Place on baking sheets lined with baking paper with a little space.

4

Before baking, the grissini are brushed thinly with water or olive oil and, depending on your taste, sprinkled with sea salt, sesame, rosemary, poppy seeds, garlic or pepper.



5

Bake in the preheated oven (lower third) for 15-20 minutes until the grissini are lightly browned

If you will try one of my recipes, then I look forward to your feedback - as a comment under the recipe, by e-mail (lucina@lucinaslife.com) or show me your photos on Instagram!

Please use the #lucinacucina or #lucinaslife and link me on the photo (@lucinaslife) so that I don't miss it. If you share the picture in a story, I'll be happy to share this experience with my community!

Have fun copying.



Lucina's ips:



The breadsticks keep in an airtight can for about 3 weeks. If they lose their crispness over time, they can simply be baked in the oven again. You can also pimp the grissini with tomato paste or grated Parmesan. If you would like to change the color of the breadsticks, you can add some turmeric or red beet juice to the batter.



Buon appetit and good luck!!

your Lucina Cucina