poppy seed grissini

**Equipment:**
huge bowl, measuring cups and spoons, wooden spoon, baking trays, whisk, mortar & pestle, shallow dish

**Ingredients:**
125 gms bread flour
1 tspn dry yeast
65 mls water, more or less
2 tspns olive oil
½ tspn salt

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1 TBLSPN poppy seeds
¼ cup olive oil, extra
murray river salt

**Method:**
Whisk flour, yeast and salt together. Make a well in the centre, and pour in water and oil. Stir with a wooden spoon, then when thats too difficult use your hand.
Knead for 5 to 10 minutes, cover, then leave in a draught-free spot to rise, 1 to 2 hours.

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Preheat oven to 220oC
Punch dough down, knead for 5 mins, then divide into small pieces the size of a brussels sprout. Roll into thin sausages about 25 cm long.
Pour the extra olive oil onto a shallow dish. Drag each grissini lightly through this bath and transfer to baking trays. Space 1-2 cms apart. Sprinkle with salt and poppy seeds.

Bake for 15 -20 mins until golden and crisp. Cool a little before serving.