

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

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 that's 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.

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.