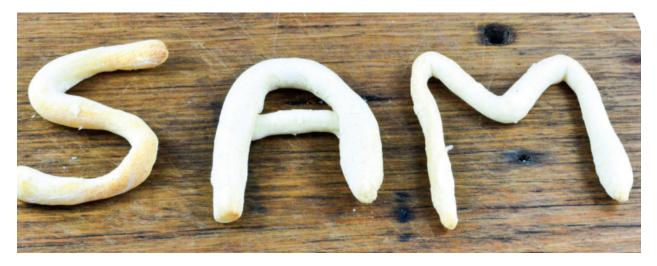
# Alphabet Grissini



## STEPHANIE ALEXANDER KITCHEN GARDEN FOUNDATION

### 22ND APRIL 2020

#### INGREDIENTS

- 400 g plain flour, plus extra for dusting
- 1 tbsp instant dry yeast
- <sup>1</sup>/<sub>2</sub> tsp salt, plus extra for sprinkling
- 1 cup lukewarm water
- 1 tbsp olive oil, plus extra for greasing
- <sup>1</sup>/<sub>2</sub>-1 tbsp fresh seasonal herbs, finely chopped
- 1 handful of sesame, poppy or fennel seeds, optional

#### METHOD

Watch how to make them <a href="https://healthyandhome.org/videos/alphabet-grissini">https://healthyandhome.org/videos/alphabet-grissini</a> To make the dough

- 1. Place the flour, yeast and the salt into a large bowl.
- 2. Create a well in the centre of the flour.
- 3. Pour the water and oil gently into the well.
- 4. Use your hands to incorporate the water and oil into the flour, until the dough clings together and feels springy.
- 5. Turn the dough onto a clean, dry, floured workbench and knead for at least 8 minutes, until

the dough looks smooth.

6. Grease the inside of a large bowl with the extra olive oil, then put the dough into the oiled bowl.

7. Cover the bowl with a clean, dry tea towel and leave in a warm, protected spot until the dough has doubled in size, at least 1 hour.

### To make the grissini letters

- 1. Preheat the oven to 200°C.
- 2. Line the baking trays with baking paper.
- 3. Tip the risen dough onto a clean, dry, floured workbench. Add the fresh herbs to the dough and knead briefly.
- 4. Divide the dough in half and wrap one half in plastic wrap.
- 5. Cut the other half into 15 equal pieces. Roll each piece into a rope about 30 cm long and 5 mm thick.
- 6. Shape the dough ropes into the alphabet letters of choice. Using a butter knife, cut pieces of rope as needed to make the various parts of the letter. The alphabet letters can be constructed directly on the baking trays.
- 7. Sprinkle the letters with salt and, if using, seeds or spices.
- 8. Repeat the process with remaining dough.
- 9. Bake for 10–15 minutes until the grissini is firm to the touch.
- 10. Remove the baking trays from the oven and allow the grissini to cool a little on the trays before moving to a wire rack.
- 11. Once completely cool, serve or store in an airtight container (for up to 2 or 3 days).

This recipe was generously provided by the <u>Stephanie Alexander Kitchen Garden Foundation</u>.