



BREADSTICKS

Ingredients to make about 6

*136g warm water
3g dried yeast or 5g fresh yeast
200g strong white flour
4g salt*

*30 - 40g grated hard cheese
30g chopped olives
or paprika, pine nuts & salt flakes.*

Method

If you are using quick/active yeast you can add it straight into the flour, otherwise stir the **yeast** into the **warm water** until it is dissolved.

Weigh out the **strong white flour** and **salt** in a bowl large enough for the dough to double. Mix in the liquid until you have a sticky dough.

Knead the dough energetically for 10 to 15 minutes until it is smooth and springy.

Put the dough in a moistened bowl in a warm place covered with clingfilm for 1 hour.

Shaping

Turn the dough out onto a floured surface and gently tease it into a rectangle about 2 cms thick. Sprinkle the grated cheese and chopped olives on the middle third of the rectangle then fold one end in to cover the cheese/olives. Sprinkle more on the folded section then fold the remaining third on top.

Press or roll the dough out to the original size. Cut into 1 cm wide strips. Roll out each strip out under your fingers to the length of the tray then twist them then lay the sticks on a baking tray lined with floured baking paper, allowing enough room for expansion.

Proving & Baking

Have the oven as hot as it will go.

Prove in a warm place to for about 20 minutes. Spray moisture into the oven once the trays are in. Bake at 230°C for 10 to 15 minutes.

Cool on a wire rack covered with a cloth for a few minutes then serve warm. If you like, brush some with olive oil whenever they come out of the oven. These are little breads to be eaten straight away, not the kind you keep in a tin.

Using an overnight sponge mixture

This long cool fermentation with just a small amount of yeast helps to develop flavour. In a bowl big enough to hold all the ingredients and allow for the dough to double in size mix then cover and leave till morning. This will give about 120g of sponge.

*60g cool water
60g strong white flour*

2g dried yeast

The remaining ingredients to add to the sponge the following morning are:

*140g strong white flour
76g warm water
1g dried yeast*

*4g salt
plus your choice of filling*