



## Ingredients to make about 6

136g warm water

3g dried yeast or 5g fresh yeast

250g strong white flour (maybe T65 or spelt)

5g salt

50g grated parmesan/pecorino

100g chopped purple olives

## 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 for 10 to 15 minutes until it is smooth and springy.

Put the dough in a moistened bowl in a warm place, covered, 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 cheese, olives and herbs 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 width of the tray then twist them by rolling the ends in opposite directions, then lay the sticks on a baking tray lined with floured baking paper, allowing enough room for expansion.

## Proving & Baking

Prove in a warm place to for about 30 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.