

## BAKING SKILLS SERIES

*Grissini***INGREDIENTS:**

2 ¼ Cups (287 Grams) White Bread Flour  
 1/2 Tsp. (2 Grams) Sea Salt  
 3/4 Tsp. (2 Grams) Instant Yeast  
 1 Tbsp. (14 Grams) Olive Oil  
 1 Tbsp. (14 Grams) Sesame Oil  
 2/3 Cup (152 Grams) Water 90 – 100° Fahrenheit  
 Sesame Seeds, Poppy Seeds,  
 Fresh Chopped Basil, Grated  
 Parmesan Cheese

**DIRECTIONS:**

1. Preheat oven to 400 degrees Fahrenheit.
2. Whisk together the flour and salt in a bowl. Add the yeast and whisk again. Add the olive oil and sesame oil to the dry ingredients and mix together. Then add the water and mix until all ingredients are incorporated.
3. Knead dough on a lightly floured surface for 8 to 10 minutes. The dough should be smooth when finished.
4. Roll the dough out to a 6 by 8 inch rectangle, spray with bakers spray or brush with olive oil and cover with plastic. Keep dough in a warm space for 30 to 45 minutes or until double in height.
5. Using a pizza cutter or sharp knife cut off thin strips of dough. Roll out each strip and then roll the bread stick in the seeds of your choice, and place on a cookie sheet.
6. Place cookie sheet in the oven on the middle rack and bake for 15 to 20 minutes. The cooking time will be dependent on the thickness of the bread sticks.
7. Let cool on a wire rack and let the sticks become crisp before serving.

**COOKING**  
**SKILLS**  
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