

## Grissini Stirati Breadsticks

Makes about 25 breadsticks

- 1  $\frac{3}{4}$  teaspoons active dry yeast
- $\frac{1}{2}$  Tablespoon malt syrup or sugar
- 1  $\frac{1}{4}$  cups (310 ml) lukewarm water
- 2 Tablespoons olive oil, plus extrahing
- 3  $\frac{3}{4}$  cups (500 grams) bread flour
- 1  $\frac{1}{2}$  teaspoons teaspoons salt
- $\frac{1}{2}$  cup semolina, for dusting and rolling



In a bowl, combine the yeast, malt syrup, and water. Let sit for 10 minutes, until the yeast dissolves and becomes foamy. Stir in olive oil, then the flour and combine until it comes together into a dough. Knead on a lightly floured surface until smooth, soft, and elastic, about 8 -10 minutes if by hand (3 minutes if in a mixer). Add in the salt towards the end.

Using a rolling pin, flatten the dough into a rectangle about 14 inches (35 centimeters) long, then fold into thirds for a width of about 3 to 4 inches (8 to 10 centimeters). Place, seam down, on a well floured surface. Lightly brush or spray the top with olive oil, loosely cover with plastic wrap, and let rise (in a warm spot, if possible) until doubled, about 1 hour.

Heat the oven to 450° F and lightly oil a baking sheet. To shape the grissini, with a sharp knife, cut the loaf crosswise into pieces that are 3 to 4 inches long and about the width of a finger (a bit more than  $\frac{1}{3}$  inch or about 1 centimeter wide). Place the semolina on a plate or wide, shallow bowl and roll the dough gently in the semolina to lightly coat. Without disturbing the side of the dough that has just been cut, using your thumbs and forefingers, gently pull the piece of dough from both ends. Stretch to the width or length of your baking sheet. Place on the prepared baking sheet and continue with the rest of the dough.

Bake until the breadsticks are golden, about 11-15 minutes, depending on how thick or thin your breadsticks are. Remove from the oven and cool on baking racks.

A specialty of Turin, Piedmont, grissini -- crunchy, long breadsticks -- are usually part of an antipasto or appetizer, where they are served with paper-thin slices of prosciutto or other salumi, cheese, olives, and other nibbles