



Grissini Recipe

Grissini, or Italian breadsticks, were first created in 17th century Turin, Italy. Originally made to aid the digestion of a young duke, these **crunchy, thin breadsticks** quickly became popular as a tasty snack!

Day 1: Make the Poolish

Recipe

- 50g Cold Water
- 2g Yeast
- 50g Flour



2 Cover & Rest

- Leave in the fridge 12-24 hours



3 Bubbly Starter

- Should be bubbly & risen



Next Day...



Crunchy, Golden Breadsticks!

Day 2: Bake the Grissini

1 Make Dough

- Polish
- 250g White bread flour
- 140g Cold Water
- 4g Salt



4 Fresh Yeast

- or 2g instant/quick-acting (dried yeast)
- 20g Polenta
- Herbs to season



2 Knead & Shape

- Knead dough, divide into 50g pieces, roll into sticks



3 Ready to Bake

- Place on tray, brush with oil



4 Bake!

- Bake at 250°C for 12 minutes

