

Roan

Grissini

Day before

water: flour

Poolish → preferment / high hydration level 1:1
gives liquid, airy, texture.

Day 1 – Poolish

Recipe

Ingredients	Quantity
Cold Water	50ml
Fresh Yeast (or 3g instant/quick fast-acting dried yeast)	2g
White Bread Flour	50g

Method

1. Measure the water and yeast into a bowl and mix together until the yeast has dissolved.
2. Add the flour and stir until fully combined (if using instant/quick/fast-acting dried yeast, mix the yeast through the flour, then add the water).
3. Cover and leave at room temperature for 2 hours then place in the fridge for 12-24 hours

Day 2 – Grissini

Recipe

Ingredients	Quantity
Poolish	As above
White Bread Flour	250g
Salt	4g
Fresh Yeast (or 2g instant/quick/fast-acting dried yeast)	4g
Cold Water	140ml
Polenta	20g
Herbs to season	

Method

1. Take your poolish out of the fridge. It should be nice and bubbly and have a pleasant, slightly alcoholic aroma.
2. Preheat your oven to 250°C/fan 230°C/gas mark 9 or as hot as your oven will go.
3. Place the flour and salt in a bowl and combine.
4. In another bowl, add the yeast to the water, then mix until dissolved (if using instant/quick/fast-acting dried yeast, mix the yeast through the dry mixture instead).
5. Make a well in the centre of the flour and pour in the liquid and your poolish. Bring the mixture together to form a dough.
6. Sprinkle your work surface with the polenta, then place your dough on it.
7. Now you need to stretch and tear the dough for a good 8 minutes. During the last minute, add the herbs. Stretching and tearing develops the gluten and protein and will give your dough a great elasticity so it will be easy to roll out later.
8. Line a tray with baking paper, then take walnut-sized pieces of dough and roll them into long thin sticks.
9. Place them on the tray, brush with olive oil and season with salt.
10. Place your tray in the oven and lightly spritz the oven chamber with a water spray.
11. Bake for 12 minutes.