



SKYE BLUE

Kitchens

GRISSINI

Preheat oven to 180°C. Line two trays with baking paper.

What you need:

125g Baking Bag mix
½ tsp salt
1 ½ TBS of sesame seeds
½ tsp dried rosemary
Sprinkling of chilli flakes (to taste)
1 egg white (size 7 @ room temperature)
3 TBS water
10 mls of rice bran oil



To Make:

Add all the dry ingredients into a large bowl and stir through. In another bowl whisk together the egg white, water and oil until combined. Add to the dry ingredients and mix together with a fork to form a soft dough. Lightly knead and divide into 20 even size pieces (11g each approx). Gently squeeze a piece of dough in your hand and roll into a ball. Next start to roll into a sausage shape then place on a clean board and roll gently with your fingertips until the dough is of even thickness and about 12cms long. Lift carefully onto baking tray. Continue until you have used all of the dough. Sprinkle sea salt over the grissini and gently roll so the salt sticks.

Bake for 10 minutes then swap trays around and bake for a further 10 minutes until golden but not too brown. Switch off the oven and leave for a further 10-15 minutes (ovens will vary) until the grissini are nice and crisp. Remove from the oven and cool on the tray. Store in an airtight container.

Tip: The grissini will keep fresh for up to a week. Great served with your favourite dip. For vegan, substitute the egg white with 3TBS whisked chickpea liquid.