

Eat The View

Recipes and Tips

Dinosaur Bone Bread Sticks

1 1/2 cup water
1 3/4 tsp active dry yeast
1 1/4 cup wholewheat flour
2 1/2 cups plain flour
2 1/2 tsp coarse salt
1 tsp sugar
1 1/2 tbsp olive oil
1/2 tsp black pepper

Place 1/4 cup water in a small bowl and heat in the microwave till warm to the touch. Add the sugar, then the yeast and mix. Let the yeast proof till bubbly 5-10 minutes. Mix the flour, pepper, and salt in a large bowl and form a well in the center. When the yeast mixture is ready, pour it into the well with the rest of the water and the olive oil. Mix until a dough forms and knead it for 5 minutes. Cover the bowl with plastic wrap and let the dough rise for 90 minutes, or until doubled.

Preheat the oven to 160°C. Once risen, punch down the dough. Line baking sheets with parchment paper or nonstick sprayed foil. Pull off bits of the dough and make 4-inch long "bone" shaped pieces with skinny centers and knobby ends. Split the knobby ends in two to make the bread sticks even more bone-like in appearance. Place the grissini on the baking sheets once shaped. Bake for 25-30 minutes or until crispy; if they start to brown too much, cover them with foil.

Makes about 35 breadsticks.