

## Grissini

<http://userealbutter.com/2016/02/22/grissini-recipe/>  
from *The Kitchn*

1/2 cup whole wheat flour  
3/4 cup warm water (about 100°F)  
1 tsp honey  
2 1/4 tsps (1 pkt) active dry yeast  
1 1/2 cups all-purpose flour  
3 tbsps olive oil  
1 1/2 tsps salt  
vegetable oil for greasing the bowl

### variations

3 tsps chopped fresh herbs (optional)  
poppy seeds, sesame seeds, etc. (optional)

### horseradish crème fraîche

2 tbsps cream horseradish (or a mix of horseradish and mayonnaise)  
2 tbsps crème fraîche

**Make the dough:** Stir the whole wheat flour, warm water, honey, and yeast together in the bowl of a stand mixer. Let sit for 10 minutes until foamy. Add the all-purpose flour, olive oil, and salt to the mixture and mix on low speed with the dough hook until the ingredients are combined. Increase the speed to medium and knead the dough for 5-7 minutes until it is smooth and shiny. Lightly grease a large bowl with vegetable oil. Form the dough into a ball and place it in the oiled bowl. Roll the dough around and turn it over until it is completely coated in oil. Cover the bowl with plastic wrap or a kitchen towel and let the dough rise in a warm place for an hour or until the dough has doubled in size.

**Make plain grissini:** Preheat oven to 425°F. Line 2-3 baking sheets with parchment paper. Punch the dough down. Cut the dough into thirds. Place two of the pieces under a damp cloth while you work with the third piece. For each third of dough, shape it into a flat rectangle and cut it into 16 equal pieces. Roll each piece of dough against the work surface and form it into a long snake (mine were 16 inches long). Place each rope of dough on a baking sheet about 1/2 inch apart. Bake 10-15 minutes until golden, rotating the baking sheet at 5 minutes.

**Herbed variation:** After you punch the dough down, knead 3 teaspoons (1 tablespoon) of fresh chopped herbs into the dough. Proceed as with the plain grissini.

**Seeded variation:** Follow the same procedure as the plain grissini up to rolling out the snakes of dough. Lay the seeds in a 1/2-inch wide pile as long as your grissini. Set the grissini on the seeds and press the dough into the seeds. Transfer the grissini to the baking sheet. Pick up one end of the grissini and gently twist it to give the dough a spiral twist. Place each rope of dough on a baking sheet about 1/2 inch apart. Bake 10-15 minutes until golden, rotating the baking sheet at 5 minutes.

**All grissini:** Remove from oven and let cool. Store in an airtight container for up to 3 days.  
Makes 48 grissini.

**Horseradish crème fraîche:** Mix the cream horseradish and crème fraîche together. Add more of one or the other to taste. Serve with grissini and prosciutto.