

Sophia Handschuh

GRISSINI & FETTA DIP

Grissini are a thin breadstick and a favourite snack of Sophia's. I love the way she sparks them up with herbs and spice so I created a spiced fetta dip to complement them.



Makes: 20-40 grissini, depending on thickness

Time: 1 hour 30 minutes



INGREDIENTS

Grissini

- 300 grams (10.5 oz) cold water
- 1 level tbsp dry active yeast or instant yeast (or 30 grams fresh yeast)
- 500 grams (17.5 oz) strong white bread flour (baker's flour)
- 1 heaped tsp fine sea salt
- 15 grams (0.5 oz) honey
- 30 grams (1 oz) olive oil, for brushing
- 1 tbsp mixed seeds & herbs (eg fennel, coriander, oregano, chilli flakes, lavender)

Dip

- 200 grams (7 oz) firm fetta
- a small handful of fresh dill fronds
- 1 tsp chilli flakes
- 30 grams (1 oz) olive oil



METHOD

Grissini

1. Place the water and yeast in the mixing bowl and combine **2 min/37°C/speed 2**.
2. Add flour, salt and honey then knead **2 min/Knead**. Set the dough aside in a large bowl rubbed with a little oil. Cover and leave to prove for 30 minutes-1 hour, or until doubled in size.
3. Preheat oven to 200°C (450°F). Line two large rectangular trays with greaseproof or baking paper. Mix preferred seeds and herbs in a little bowl and set aside.
4. Tip the dough onto a very lightly floured surface. Press it out to a thin rectangle (approx. 25cm x 35cm). Use your dough scraper (or a spatula!) to cut off long, thin strips and roll each strip back and forth a few times to make thin, pencil-like shapes.
5. Place each grissini onto a lined tray and, once a tray is full, brush each grissini with olive oil and sprinkle with the mixed seeds and herbs. Bake immediately for 5-8 minutes, or until golden brown and crispy. Remove and repeat with the remaining dough until it is all used up.
6. Store grissini in airtight containers or jars for up to 2 weeks (see Tips).

Dip

7. Place fetta, dill and chilli flakes in mixing bowl. Mix for **10 sec/speed 6**, adding olive oil through hole in mixing bowl lid. Serve grissini with dip.



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Tips

- Make thinner grissini to ensure they are crisp and crunchy; they'll stay fresh for a couple of weeks if they're very dry.
- Thicker grissini keep for a few days and can be refreshed in a warm oven before eating.
- Herbs and spices can also be kneaded through the dough for a different effect.
- Dip will keep in a sealed container in the refrigerator for five days; use cream cheese for a milder variation.



GRISSINI & FETTA DIP

Makes: 20-40



SHOPPING LIST:

- Dry active yeast or instant yeast (1 tbsp)
- Strong white bread flour (500 grams / 17.5 oz)
- Fine sea salt (1 heaped tsp)
- Honey (15 grams / 0.5 oz)
- Olive oil (30 grams / 1 oz)
- Mixed seeds & herbs (1 tbsp)
- Firm fetta (200 grams / 7 oz)
- Fresh dill fronds (small handful)
- Chilli flakes (1 tsp)
- Olive oil (30 grams / 1 oz)

NOTES & TIPS:

- • or 30 grams fresh yeast
- • baker's flour
- • (eg fennel, coriander, oregano, chilli flakes, lavender)