



Organic Cuisine

Nancy Roberge

Crunchy Breadsticks

Great with any of the Founder's Beers! (or a good glass of red wine!)

To start the yeast:

2 tsp yeast
½ tsp sugar
1 tbsp flour 2-3 tbsp lukewarm water

Dough:

500g high-grade/bread flour
1 ½ tsp salt
250ml lukewarm water
50ml olive oil
Extra flour for dusting

For the crunchy coatings, any combination of the following:

Finely chopped rosemary, dukkah, cornmeal or polenta, white or black sesame seeds, finely grated parmesan cheese, flaky/rocky sea salt, freshly-ground pepper (coarse grind), dried chilli flakes, poppy seeds, coarsely ground cumin seeds, etc.

First, in a very small bowl mix together the yeast, sugar, 1 Tbsp flour, and 2-3 Tbsp of lukewarm water to make a thin batter. Set aside for 5-10 minutes. This allows the yeast a chance to start 'feeding' and activating. Make sure the water is not hot—it will kill the yeast.

While the yeast is doing its thing, weigh and measure the ingredients for the dough and put them in a big bowl. (A wooden bowl is great for making bread).

Check the yeast to see if it has grown or if there are bubbles—then you know it is working. Once you know the yeast is working, then add it to the big bowl and stir all the ingredients together until the dough starts to come away from the sides of the bowl. (You may have to add a little more flour).

Put the dough onto a floured surface and knead for 10 minutes, until smooth and elastic. Then set the dough into an oiled bowl and cover with a damp tea-towel. Put the bowl in a warm, draft-free place and allow the dough to rise for up to 2 hours, or until the dough has almost doubled in size.

Pre-heat the oven to 200 degrees.

Punch the dough down and knock all of the air out of it. Roll the dough thinly and cut into strips. (If the strips are very long you may need to cut them in half.) Roll the strips of dough into one (or some!) of the crunch coatings above, put onto a grease baking tray and bake for about 10-15 minutes or until golden brown. Cool on a wire rack.

