

Grissini: Italian Breadsticks

From the Kitchen of: *A Thyme to Eat*

Ingredients:

3 1/2 cups of all purpose flour, plus more for dusting
2 teaspoons of salt
1 package of yeast
1 tablespoon of honey
2 tablespoons of olive oil
1 1/2 cups of water

Steps:

1. Gather your ingredients and your food processor. You do not have to use your food processor. You can mix everything together by hand or in a mixer with the dough attachment. But, I was feeling particularly lazy, and the food processor really makes things a bit faster.
2. Combine the flour, salt and yeast in the food processor, and pulse a few times, until fully integrated.
3. With the food processor set to low, add the honey, olive oil and water. Keep the lid on and use the tube on the top to feed the ingredients into the mixture. Otherwise, with the top off, you will have a huge mess!
4. Once fully combined, turn the dough out onto a lightly floured surface.
5. At this point you can decide if you need more water or more flour. If you need either, add very little at a time as you knead the dough. Remember, you can always add more, but you cannot take anything back out.
6. Knead for about 5 minutes, until soft and elastic.
7. Place the dough in a greased bowl and cover. Let rise for about 1 1/2 hours.
8. Turn the dough out onto your floured surface and punch the air out of the dough.
9. Shape the dough into a large rectangle.
10. Cover and let rest for about 15 minutes.
11. Using a pizza cutter, going along the long side of the rectangle from one side to the next, cut the dough into long thin strips.
12. Roll each strip into a long cylindrical shape.
13. Sprinkle a cookie sheet with cornmeal.
14. Gently place the rolled strips onto the cookie sheet.
15. Begin to preheat your oven to 450, and while the oven preheats, cover the strips to let them rest one last time.
16. Once the oven is preheated, bake the grissini for about 15 minutes, you want them to be lightly browned.
17. Enjoy!