



# BREADSTICKS

## Step 1

### INGREDIENTS

L'AUTENTICO  
WATER  
OLIVE OIL  
FRESH YEAST

g 5000  
g 3250  
g 200  
g 150

### PREPARATION

#### TIMES AND TEMPERATURE

Dough temperature at 26-27°C

Knead time (spiral mixers) 15 minutes

Bulk fermentation: 10 minutes at 22-24°C.

First fermentation: 30 minutes at 28-30°C with relative humidity at 70-80%

Second fermentation: 30 minutes at 22-24°C

Baking for 15-20 minutes at 230-240°C.

DOUGH: start the dough with 3 kg of water (60% compared to the flour) for 4 minutes on first speed and then 7-8 minutes on second speed. Add the water little by little and keep mixing for another 2-3 minutes

Specified times are for the spiral mixers, knead until you obtain a smooth and elastic dough.

BULK FERMENTATION: let it rest for 10 minutes at room temperature (22-24°C)

SCALING: break the dough creating long strips and grease them well with olive oil.

FIRST FERMENTATION: place the strings into the leavening chamber at 28-30°C with relative humidity of 75% for 30 minutes.

SHAPING: cut the dough into strips of the desired dimension for each grissino. Lengthen the strips with the hands and place them on well-oiled trays.

SECOND FERMENTATION: let the grissini rise at 22-24°C for another 30 minutes.

BAKING: bake at 230-240°C with initial steam for varying times depending on the

dimension of the grissini.

During the last 5 minutes open the valve of the oven.

## FINAL COMPOSITION

ADVICES: Times for the bulk fermentation and for the proofing may differ due to room temperature.



RECIPE CREATED FOR YOU BY **MARCO DE GRADA**

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