

## FENNEL GRISSINI



### Ingredients (yields 30 units):

2 and ¼ cups of wheat flour  
100 g unsalted butter  
½ cup milk tea  
½ tsp of salt  
1 tbsp baking powder  
Fennel seeds to taste  
1 egg yolk to brush  
Butter without salt to grease to taste  
Wheat flour to grease to taste

### Preparation:

1. In a bowl place the wheat flour, butter, milk, salt and baking powder and mix by hand.
2. Transfer the dough to a wheat flour surface and knead slightly to make it smooth.
3. Wrap the dough in PVC wrap and refrigerate for at least 30 minutes.
4. Preheat the oven to 180° C.
5. Butter two large baking sheets and sprinkle with wheat flour.
6. On a wheat floured surface, roll out the dough until you reach a rectangle about 20 cm long and as wide as you like, as the sticks will be cut into 20 cm x 0.5 cm strips.
7. Sprinkle with fennel seeds and roll again for pressing.
8. Brush the dough with the egg yolk.
9. With a pizza cutter or knife cut the dough into strips 0.5 cm wide by 20 cm long.
10. Twist each strip to screw shape.
11. Distribute the dough strips on the baking sheets and leave a space between them so that they do not stick when baking.
12. Bake for 15 minutes to make the sticks golden brown.
13. Remove the baking sheets from the oven and allow the sticks to cool.
14. Place in a container with a lid.