



# BREADSTICKS

👤 Intermediate level



**RECIPE CREATED BY:**

Marco De Grada  
Pastry chef

## PROCEDURE

### L'AUTENTICO

water  
olive oil  
fresh yeast

5000g  
3250g  
200g  
150g

### 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.



Extraordinary  
made simple.