

Sourdough Spelt Sticks (bread sticks)

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(makes at least 16 large breadsticks)

In a medium large mixing bowl mix together:

- **115 grams active sourdough starter @ 100% hydration**
- **300 grams water**
- **20 grams oil**
- **250 grams finely ground Spelt flour**
- **250 grams white flour (bread or ap)**
- **10 grams sea salt**

In a medium large mixing bowl mix together the starter, water, oil, spelt, white flour and salt. Coat the ball of dough with oil and place in an oiled container. This will make 945 grams of dough at 64% hydration. Cover and place in a warm place 78F/25C and let the dough ferment for 5- 6 hours, folding two to three times during bulk ferment. Allow the dough to rest at least an hour or more after your last folding and before you shape.

Divide the dough into two pieces and reserve one piece in the dough container (keep covered). Take the other piece of dough and roll it out into a square (approx 8" x 8") (exact size doesn't really matter!) Divide the dough into 8 long pieces at 56-58 grams each. Preheat your oven to 475F/246C while you are rolling out the dough.

I then fold the long strip in half over itself and then start rolling out the bread stick to the length I like 10-11" If you want skinny bread sticks you might want to use smaller portions of dough. My bread sticks are thick and chewy. If you fold them in half before shaping, it adds strength and they don't get too long. Remember the size of your baking stone or pan.

The dough is low hydration enough not to need any flour on your work surface for rolling out. Gently roll the shaped bread stick on a moist cloth and then roll it in your choice of seeds. Place all 8 pieces, evenly spaced, on a parchment paper. Allow the dough to proof for about half an hour while waiting for your oven to finish pre-heating (total one hour of oven pre-heating with oven stone). Now take your second piece of dough and make 8 more bread sticks, place them on a new parchment paper.

Move your first batch of shaped and seeded dough to the oven and place the parchment paper/dough sticks on the hot stone.

Cover the dough sticks with a large roasting pan lid for 8 minutes (yeah, my lid actually fit over all of them!), then remove the lid and allow the bread sticks to brown for another 8 minutes (or more if you want them crunchy). Alternately you can try baking them on a baking sheet without steam (they'll get larger and expand more with the steam). Remove finished Seeded Spelt Sticks from the oven to a cooling rack and let cool.

Allow your oven to pre-heat for the next batch and then bake the second batch of sticks the same way.

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