



ALL'OPERA IN TRENINO DAL 1870

KAMUT® AND SPELT BREADSTICKS



INGREDIENTS

500 g organic KAMUT® khorasan and spelt bread mixture
Approx. 300 ml lukewarm water

PREPARATION

Pour the mixture and the lukewarm water into a bowl and knead by hand or with a dough mixer, until you have a smooth and elastic mixture (approx. 8 mins.)

Cover with a cloth and leave to rise in a warm room for about 1 hour.

Divide the dough into three parts and knead each by hand on a floured surface to give it the desired shape.

Place the bread sticks on a baking sheet that is either lined with baking paper or greased with a little oil. Cover with a cloth and leave to stand in a warm room for 15 mins.

Moisten the surface of the dough with a bit of water and place the baking tray on the middle shelf in the oven preheated to 230°C. After 5 minutes, lower the temperature to 200°C and cook for another 18 minutes or until golden.

