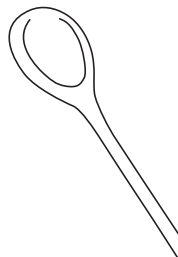




COOKING PASSION SINCE 1877



## CRISPY BREAD STICKS WITH CHIA SEEDS



Makes 2 bread sticks

### INGREDIENTS

#### DOUGH:

400 g spelt flour  
(type 630)  
100 g rye flour  
(type 997)  
2 tbsp chia seeds  
10 g salt  
1 tbsp honey  
1 full tsp dry yeast  
400 ml water  
Flour for the worktop

#### GARNISH:

2 tbsp sunflower seeds  
2 tbsp poppy seeds  
2 tsp sesame seeds

### METHOD

Mix ingredients for the dough, cover and allow to rise for 1.5 hrs at room temperature.

Preheat oven (upper/lower heat) to 250°C. Sprinkle flour on worktop and use two dough scrapers to form half of the rather liquid dough to a lengthy loaf. Place on a baking tray with parchment paper and twist the loaf several times. Sprinkle half of the seeds and gently press them into the dough. Repeat with the rest of the dough.

Bake the bread sticks on shelf position 2 with added steam for ten minutes. Continue baking for another ten minutes without steam. Check after eight minutes if the bread sticks are golden – turn off oven and leave them for two or three minutes in the remaining heat.

TIP: If you do not have a steam oven, you can add steam by placing a tray containing water in the bottom of the oven during cooking.



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People inspire us.*



At NEFF, we understand the kitchen is the heart of every home, a place to meet, eat, and to get creative. Therefore, we have created efficient, high quality products that meet the demands of everyone's lifestyle. With ovens at the heart of the range, a passion for cooking drives our innovation. All of our models have been specifically designed to be the perfect partner in the kitchen.

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