Wine Sticks



Absolutely delicious, crispy, salty sticks ideal for nibbling while you are watching a good film. They are excellent with a glass of good wine or with a cup of tea.

INGREDIENTS FOR PASTRY :

500 g of flour

150 ml of white wine

1 tea spoon of salt

150 ml of oil

1 package of baking powder

FOR COATING AND SPRINKLING :

1 – 2 egg yolks

sesame seeds

poppy seeds

PROCEDURE :

1 . make smooth pastry out of the above stated ingredients …

2 . lay the pastry on a silicone mat (you can use parchment paper as well) and roll it out in the shape of a rectangle 3 – 4 mm thick …

3 . coat the pastry with a mixed yolk, sprinkle the wholes pastry abundantly with sesame seeds and press lightly with your hand to enable the sesame to stick to the pastry as firm as possible …

4 . put the parchment paper over the pastry, put one hand under the silicon mat and the other hand on the pastry, that is to say on the parchment paper. Turn the pastry over quickly, so that the silicon mat is now up and the parchment paper down …

5 . coat the pastry with yolk, sprinkle it with poppy seeds and press them with your hand lightly ….

6 . cut the pastry into strips 1 cm wide. If the strips are too long, you can cut the pastry into halves and then roll the sticks to form a coil … SEE THE VIDEO!!!

7 . line the sticks on a big baking tray covered with parchment paper, and put them into the oven pre-heated to 180 degrees for ca. 20 minutes till they get a lightly golden colour…









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