Thyme & sesame grissini

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Serve these grissini sticks with dips and cheese at your next dinner party.

Ingredients

- ½ cup almond meal
- ½ cup arrowroot (tapioca) flour
- ½ tsp salt
- 1 tsp dried thyme
- 3 tsp extra-virgin olive oil
- ¼ cup milk of your choice
- 2 tsp sesame seeds

Method

Preheat the oven to 180°C. Line a baking tray with baking paper.

In a large bowl, mix together all of the ingredients to make a smooth dough. Take about 20 grams of the dough, roll into a ball, then carefully roll it into a 10-centimetre-long stick. Place on the baking paper. Repeat with the remaining dough, placing the sticks about an inch apart.

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Bake for 15 minutes or until they are just starting to turn golden. Transfer to a wire rack and allow to cool. Once cooled, store in an airtight container in the pantry for up to 5.

What is arrowroot flour?
Arrowroot flour (or starch) is made from the roots of arrowroot and/or cassava plants. It can also be labelled as tapioca flour/starch – which is traditionally made using cassava roots. In this recipe it is used to give the almond meal dough a stretchy quality that is usually provided by the gluten found in traditional flours.

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