

# Parma Spiral Sticks

*Little hands are useful for this recipe. My children love to shape these breadsticks. They are delicious for lunchboxes, but we adults love them with salads and soups.*

## Makes 16 sticks

1 ½ tsp sugar  
1 rounded tsp dried yeast <sup>ferm</sup>  
(or ½ x 7g sachet)  
200ml lukewarm water  
(more if required)  
350g '00' or strong  
white flour  
1 tsp salt  
1 ½ tbsp extra virgin  
olive oil, with extra for  
brushing  
3 tbsp finely chopped  
sundried tomatoes  
leaves from 2 rosemary  
sprigs, finely chopped  
8 slices of Parma ham,  
sliced in half lengthways

1. Mix the sugar and yeast in the lukewarm water and allow the yeast to activate. When the yeast is frothy, it's ready to use.
2. Sieve the flour into a bowl and add the salt, olive oil and the yeast mixture. Mix to a soft dough with one hand, adding more flour or water as required. Knead on a floured surface until the dough is very pliable, which should take about 7-10 minutes by hand.
3. Leave the dough to rise in a well-oiled bowl covered with cling film until the dough has trebled in size and is springy to the touch, which will take about 2 hours. This will rise best in a warm, draught-free place, e.g. a hot press or near a cooker or oven.
4. When the dough is ready to shape, preheat the oven to 200°C/fan 180°C/gas 6. Line 2 baking trays with parchment paper.
5. Remove the dough from the bowl and lightly knead the sundried tomatoes and rosemary into the dough. Divide the dough into 16 small balls.
6. Roll each ball into a strip. Wind a slice of Parma ham along the length and twist them together. Transfer to a baking tray and repeat with the rest of the dough and Parma ham.
7. Brush each spiral stick with oil and bake in the oven for 12-15 minutes, or until golden.

● For a vegetarian option, omit the Parma ham, brush with egg wash after twisting the dough and sprinkle with pine nuts.