

Oregano Bread Sticks with Styrian Pumpkin Seed Oil and Styrian Pumpkin Seeds



Snack

Kind of recipe



40 Minutes

Preparation

80 Minutes



middle

Severity



Ingredients for 4 people

450 g pastry flour 1 cube fresh yeast 1 tsp salt 1 tsp sugar app. ¼ l lukewarm water 1-2 Tsp oregano 4 Tsp Styrian pumpkin seeds 4 Tsp Styrian Pumpkin Seed Oil P.G.I. 2 cloves of garlic salt

Preparation

Dissolve the yeast in lukewarm water. Blend flour with salt and sugar. Add the yeast water and knead to a soft dough (8-10 min.). Cover and let it double its size in a warm place. Preheat the oven, chop the Styrian pumpkin seeds and the garlic finely. Divide the dough into 4 pieces and form balls. Roll out with a rolling pin into an oval about 2 mm thick. Brush each with Styrian Pumpkin Seed Oil P.G.I. and sprinkle the garlic, oregano and Styrian pumpkin seeds on top. Salt slightly and roll up. Flatten with the rolling pin and score the top of each stick every 3 cm with cuts. Twist each stick and place on a baking tray. Brush with water and bake at 220°C regular heat or 200°C with the oven fan turned on for 10-15 min. Tip: For snacks you can brush the oval with Styrian Pumpkin Seed Oil P.G.I., cover it with chopped pumpkin seeds and put very thin slices of lean ham on them. Add grated cheese and roll up tightly. Tip: You can also use herbs e.g. rosemary or thyme. Anything is possible!

Recipe from Gemeinschaft Steirisches Kürbiskernöl g.g.A. / Foto: Stefan Kristoferitsch