





MINI SEED FOUGASSE

Preparation time: 20 minutes

Cooking time: 25 minutes

Makes: 36

2 cups bakers' flour
1 tsp bread improver
2 tsp cracked fennel seeds
1 cup tepid water
2 Tbsp extra virgin olive oil

1 tsp fine salt
2 tsp poppyseeds
1 tsp caraway seeds
1 tsp coriander seeds, cracked

1 Preheat oven to 170°C. Combine the flour, bread improver, fennel seeds and water in the bowl of an electric mixer and stir with the dough hook on low speed. Once almost combined, add the oil and salt, then mix until smooth. Cover and set aside for 45 minutes.

2 Divide into two-tablespoon pieces then stretch each into a rough rectangular shape. Scatter the tops with mixed seeds, then arrange on a lined tray. Make a slit in the centre of each and pull apart gently, then set aside for 30 minutes.

3 Bake for 20-25 minutes, until golden and crisp. Cool on a wire rack.