



Barley rusks

15'
Hands on

1 hour'
Hands off

100'
Cook Time

10
Portion(s)

3
Difficulty



Ingredients

- 500 g whole-wheat flour
- 9 g yeast
- 1 tablespoon(s) anise, seeds
- 1/4 tablespoon(s) salt
- 60 g olive oil
- 350 g water

To serve

- tomato, finely chopped
- dairy-free cheese, cut in small cubes
- basil leaves
- pepper

Διατροφικός πίνακας

Nutrition information per portion

227 Calories (kcal)	7.0 Total Fat (g)	1.0 Saturated Fat (g)	32.0 Total Carbs (g)
11%	10%	5%	12%
0.7 Sugars (g)	6.6 Protein (g)	5.1 Fibre (g)	0.2 Sodium (g)
1%	13%	20%	3%

Method

- In a mixer, using the hook attachment, beat all of the ingredients for at least 10 minutes on medium speed, until a nice and elastic dough forms. You can also knead it with your hands, but it will take more time.
- Form 1-2 round loafs and place them in a [baking pan](#), lined with parchment paper. Do not place the loafs too close to one another, because they will puff.
- Using a [knife](#), cut 2 cm thick slices, but do not cut through (the slices should still be attached to the loaf).
- Cover the baking pan with a plastic wrap or a towel. Bake the loafs for at least 1 hour until they puff up and are twice the size in volume. It's better to place the loaves on a warm place.
- Preheat oven over 180°C (350* F) set to Fan.
- Place the baking pan in the oven and bake for 1 hour and 10 minutes.
- Check on the loaves to see if they are baked (if you hit them on their bottom, they will make a hollow sound).
- Remove from oven and set them aside to cool.
- Cut off the slices you've made before using a knife.
- Place the slices into baking pans. Lower the oven at 120°C (248* F) and bake for 30 more minutes, until the slices are crispy.
- Remove from oven and set them aside to cool.
- Serve with tomato, vegan cheese, basil leaves, and pepper.

Tip

You can add more or less star anise and salt, depending on your taste.