

Salatini Parmesano (Parmesan Cheese Sticks)

<i>Ingredients</i>	<i>Quantity</i>
Basic dough	
Cake flour	1 cup+4 TBSP
Fine salt	3 tsp
Water	9-1/2 TBSP
Butter for folding	
Butter	3-1/2 cups
Cake flour	1/2 cup
Grated Parmesan	1 cup

Substitution suggestions: Soft Cheddar or Gruyere cheese can be used as well



Procedure

1. Delicately mix the ingredients for the basic dough. The dough must be firm.
2. Cover in plastic wrap and refrigerate for several hours, ideally overnight.
3. To prepare the butter for folding, knead the flour with the butter cut into cubes, shape into a square, protect in plastic wrap and refrigerate.
4. Roll the basic dough into a square shape. The folding butter must have the same consistency as the dough.
5. Place the butter crosswise in the center of the rolled-out dough, and fold the edges over towards the center.
6. Roll out dough in a rectangular shape and fold in three. Wrap and place in the fridge for 1 hour.
7. Turn 45 degrees and roll out once more, fold in three again and refrigerate for 1 hour.
8. Repeat the operation two more times, making sure to respect the rest time.
9. Roll out the dough, brush one side with the egg wash, sprinkle with grated Parmesan, and roll out more lightly just to stick the cheese. Repeat the same process on the other side.
10. Cut sticks 1/2" to 3/4" thickness, they will puff so don't cut too thick. Arrange them on a **SilPain®** mat.
11. Bake at 380 F until golden brown. Rest tray on wire rack until cool.

RECIPE DIFFICULTY LEVEL



EASY



MODERATE



CHALLENGING



PROFESSIONAL

Tools & Equipment

- **SilPain®** mat
- Half sheet baking tray (13"x18")
- Measuring cups
- Measuring spoons
- Wire rack for cooling the tray
- Chef knife
- Cutting board
- Pastry brush