

# Oats and Fennel Seeds Schiacciatina



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 For 4 schiacciatine

## Ingredients

200 gr of sourdough (active)  
125 gr of water  
120 gr of wholemeal  
50 gr of flour "0"  
50 gr of oatmeal  
1/2 teaspoon fennel seeds  
1 teaspoon salt

## To garnish

60 g oatmeal | 1 teaspoon fennel seeds | extra virgin olive oil  
| salt

## Method

Put the sourdough in a bowl, add warm water, dissolve well with a fork until the yeast is all liquid and without lumps. Add the whole wheat flour, white flour, salt, oats and fennel seeds and mix. Pour the mixture on a pastry board and knead by hand for 5-6 minutes. Form a ball and cut over a cross, cover with a damp cloth and let rise for 2 hours away from drafts, after deflating the dough to obtain a rectangle, and proceed to the fold. Fold one on both sides, right and left, for one third of the overall rectangle, turn 90 degrees and repeat, cover with towel and let stand for 1 hour. Take the dough and divide it into four, to form small balls and flatten with a rolling pin to form four discs. On the surface drill holes with the prongs of a fork, brush both sides with oil. Put the oatmeal, fennel seeds, salt in a dish and pass over the greasy schiacciata. Put the schiacciata on a baking tray lined with baking paper and bake at 190 ° for about twenty minutes. Remove from the oven and let cool on a grid.