



Debbier Schryver's Frazelle (or Friselle)

Ingredients:

7 cups flour
1 ½ TBL sugar
1 TBL salt
¼ cup vegetable oil
2 cups warm water
2 packages yeast

Mix all ingredients, then knead until pliable. Let rise for one hour in a greased bowl.

After kneading a second time, make into buns, and let rise on lightly greased cookie sheets. Make sure the rolls are all about the same size so they rise and bake evenly.

Brown in a preheated 350° oven. After they turn light brown (check at about 15 minutes), split in half and continue baking at 300 until light brown and crispy (keep checking until they are as crispy as you want them).

Let cool on racks and then store in brown paper bags.

They are similar to a bagel but more versatile. They can be eaten with just plain butter, some fresh tomatoes or, with olive oil, vinegar, and garlic. (See note below if too dried to eat.)

Note: Frazelle first appeared around the tenth century, when merchants were forced to undertake many months of sailing to reach the most flourishing markets. At that time, few foods lent themselves to storage but these dried rolls could be kept for lengthy periods. Since they were too hard to be eaten in the same way as bread, they had to be softened in sea water and dressed with extra virgin olive oil.