

SEEDY CRACKERS

INGREDIENTS

1 1/2 CUPS SEMOLINA FLOUR
1/2 CUP WHOLE WHEAT FLOUR
1 CUP WHITE FLOUR
1 TEASPOON FINE SEA SALT
1 CUP WARM WATER
1/3 CUP EXTRA VIRGIN OLIVE OIL
SESAME SEEDS, POPPY SEEDS, SPICE
MIXTURE

TEMP, TIME & SERVINGS

450°
BAKE 8 MINUTES
12 GIANT CRACKERS

HERE'S HOW

- 1 USE WHISK TO COMBINE SEMOLINA FLOUR, WHOLE WHEAT FLOUR, WHITE FLOUR AND SEA SALT IN BOWL
- 2 ADD WATER, OLIVE OIL, USE DOUGH HOOK TO KNEAD DOUGH, AT MEDIUM SPEED, FOR 8 MINUTES
- 3 SHAPE DOUGH INTO A LOG AND CUT INTO 12 EQUAL SIZE PIECES, FORM EACH PIECE INTO A BALL
- 4 DIP BALLS OF DOUGH INTO OLIVE OIL, COVER WITH PLASTIC WRAP AND LET REST FOR 1 HOUR
- 5 PUT UN-GREASED BAKING SHEET INTO OVEN, ROLL OUT 1 PIECE OF DOUGH ONTO A SILICON BAKING SHEET. SPRINKLE WITH SEEDS OR SPICE MIXTURE, PRESS TOPPING INTO DOUGH, TRANSFER SILICON SHEET TO PRE-HEATED BAKING SHEET. BAKE AND REPEAT.

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MUSINGS ON FOOD AND COOKING
FROM A VERMONT KITCHEN