



JERNEJ KITCHEN

CRACKERS WITH SEEDS

It has a really crunchy texture, so it is great to make some herbal yogurt sauce for dipping. The aroma depends a lot on what seeds you use on top.

MAKES	60	CRACKERS
PREPARATION:	60	MINUTES
DOUGH REST:	120	MINUTES
BAKE:	12	MINUTES

CRACKERS WITH SEEDS

4 g active dry yeast

2 tsp honey

270 g water, lukewarm

200 g whole grain spelt flour

280 g rye flour

10 g sea salt

1 egg

seeds (sesame, black cumin, coriander), dried herbs, grated cheese

TOOLS AND EQUIPEMENT

measure jar

LARGE BOWL

KITCHEN SCALE

DOUGH SCRAPER

PARCHMENT PAPER

BAKING TRAY

DOUGH

In a measure jar mix together water, honey and the active dry yeast. Combine well. Put aside for 10 minutes. Meanwhile mix both of the flours together in a large bowl.

Combine the yeast mixture with the flour mixture. Start to knead. Knead for about 5 minutes. Add the salt and knead for another 10 minutes. The dough has to be flexible and shiny. Wrap in a plastic foil and put in the refrigerator for 2 hours, to rest.

BAKE

Preheat the oven to 250°C / 480°F. Lightly dust a clean work surface with flour, place the dough on a work surface and divide the dough into 4 equal parts, using a metal dough scraper or a sharp knife. Roll each part of the dough to a 1 mm / 0.04 inch thick square. Transfer the rolled dough to a baking tray lined with parchment paper. Brush the dough with the egg wash and dock the dough with a help of a fork.

SERVE

Slice the dough on 3 cm / 1.2 inch wide straps and sprinkle with different seeds, dried herbs or even grated cheese. Bake at 240°C / 460°F for 10-12 minutes. Cool on a wire rack. Serve with yogurt sauce or avocado dipping.