

Filled Crispbread

Rating (01-10): 08

Hours to prepare: 18

Leaven type: Sourdough Starter

Recipe Source: 'Tartine Book No.3' (Author: Chad Robertson) – p.224

Bread Volume: Makes three cookie sheets of crispbreads

of Times Baked: 3

Last Time Baked: February 9, 2018



Special Notes:

Here are some considerations for the next time that I bake these crispbreads:

- Don't overcook the bread – keep the oven temperature lower than 400°F during first phase of baking – watch very closely to ensure the breads don't get overcooked – if using multiple shelves to bake breads, rotate the containers halfway through first phase of baking
- Use plenty of flour when rolling out dough and passing through pasta roller
- The crispbread should keep for about a week and can be re-crisped, if needed, by heating in oven set to 290°F for 10-12 minutes

Special Tools:

- Pasta roller
- Rolling pin
- Cookie sheets (3)
- Parchment paper
- Pastry brush

Ingredients:

<u>INGREDIENT</u>	<u>QUANTITY</u>	<u>BAKER'S %</u>
Water (80°F)	142g	50
Leaven	45g	15
Total Flour	283g	100
(if using Kamut Flour)		
-- Kamut Flour	-- 170g	-- 60
-- Unbleached Bread Flour	-- 113g	-- 40
(if using Semolina Flour)		
-- Semolina Flour	-- 85g	-- 30
-- Unbleached Bread Flour	-- 198g	-- 70
Wheat Germ	20g	7
Salt (Fine Sea Salt)	7g	2.5
Butter (melted)	3-4 TBSP	

Filling

Shaved carrots (use vegetable peel)

Tarragon (small packages available at Wegman's)

Thyme (small packages available at Wegman's)
Other herbs/shaved veggies/edible flowers, as desired

Also, refer to ingredients listed below for creating the leaven.

Directions - Prep:

Ensure that the sourdough starter has been removed from the refrigerator and has been fed enough times to ensure it is rising and falling in a predictable manner.

Directions – Day Before Baking:

Early the day before planning to bake, prepare the leaven by mixing together the following ingredients:

<u>INGREDIENT</u>	<u>QUANTITY</u>
Water (78°F)	200g
Mature Starter	1 TBSP
White Flour	100g
Whole Wheat Flour	100g

Cover and let rise 5-6 hours at moderate room temperature.

After the leaven rise period, confirm that the leaven is ready by dropping a spoonful of the leaven into a bowl of moderate room temperature water

- a. if it floats, it's ready
- b. if it doesn't float, it isn't ready and should be given more time to ferment in a warm environment

Once the leaven is ready, prepare the dough as follows:

1. Combine & mix flours and wheat germ in medium-sized mixing bowl
2. In a separate mixing bowl, add 92g of the room temperature water (retaining 50g for later)
3. Add 45g of leaven to the water and stir to disperse
4. Add flour mixture to liquid-leaven and stir until no dry ingredients remain
5. Cover and let rest at least 30 minutes and up to 4 hours in a warm environment
6. Stir salt into remaining 50g of water and incorporate into dough
7. Cover this mixture and let ferment in refrigerator overnight

Directions – Baking Day:

When you have about 1-2 hours, bake as follows:

1. Shave thin slices of carrots or other veggies
2. Pull out any herbs or edible flowers that will be used
3. Place dough on a floured work surface
4. Split the 500g dough ball into five 100g pieces and shape each into a round
5. Cover and let sit for 10-15 minutes
6. Preheat oven to 385°F
7. Using a rolling pin, flatten out one of the dough rounds, applying flour to surfaces in the process – when flattening the dough, attempt to form into a rectangle with both ends being approximately the same size – this lends itself well to rolling into shapes that can then be folded equally over top of each other after fillings are inserted
8. After applying flour to surface, take piece through pasta roller at largest setting (#1 on our pasta roller) – feed dough in such a way to keep it centered as it passes through the rollers
9. Continue flouring piece and taking it sequentially through the next series of smaller settings until dough is fairly thin (I went through #5 setting on our pasta roller)
10. Spread out dough on work surface and brush ½ of surface with water
11. Lay fillings on the moistened half of the dough in a single layer
12. Fold the dry half of the dough over the filled half of the dough
13. After applying flour to both sides, take filled piece through pasta roller at largest setting (#1 on our pasta roller)
14. Continue flouring piece and taking it sequentially through the next series of smaller settings until dough is fairly thin (I went through #5 setting on our pasta roller – make sure to get it thin, even if fillings start to break through)
15. Repeat Steps 6-13 for each dough round, keeping prior pieces covered to prevent having them dry out
16. Place parchment paper on cookie sheets and lay out rolled, filled pieces on parchment paper
17. Brush melted butter on all pieces (butter only top side – try this to see how it works out – previously, I had buttered both sides & had trouble getting the crackers crisp)
18. Place cookie sheets in oven, baking at 385°F for 10-15 minutes – watch very closely to ensure the breads don't get overcooked – if using multiple shelves to bake breads, rotate the containers halfway through this first phase of baking
19. Once the breads are golden brown, remove from oven and reduce oven temperature to 200°F

20. Once oven has cooled to 200°F, remove the crispbreads from baking sheets and place them directly on oven racks – to permit moisture to escape, leave oven door slightly ajar (prop open with wooden spoon) and bake for another 10-15 minutes
21. Remove from oven when fully dehydrated
22. Let cool before breaking up and keeping in plastic bag
23. Note that the crispbread should keep for about a week and can be recrisped, if needed, by heating in oven set to 290°F for 10-12 minutes