

Seeded Sourdough Crackers

Rating (01-10): 09

Hours to prepare: 05

Leaven type: Sourdough Starter

Recipe Source: FoodBod (foodbodsourdough.com)

Bread Volume: Makes about 30 large-sized crackers

of Times Baked: 3

Last Time Baked: December 22, 2020



Special Notes:

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

- I have 3 procedures for sourdough crackers – Sourdough Crackers#1; Sourdough Crackers#2; and this procedure (Seeded Sourdough Crackers) – this procedure takes a little longer, but the results are very tasty
- For the seeds, I've used a mixture of 4-5 of these seeds:
 - Sesame seeds
 - Poppy seeds
 - Caraway seeds
 - Fennel seeds
 - Dill seeds
 - Celery seeds
- You could try some sort of seasoned salt (e.g., Seneca Salt) - in any event, be careful not to place too much salt on the crackers!!
- Use an extremely modest amount of flour on the counter & rolling pin when rolling out the dough
- Make sure to really roll out the dough thoroughly to get a very thin dough that is consistent across all sections of the dough – one option would be to use a pasta roller to ensure consistent thickness.
- Don't overbake!!

Special Tools:

- Cookie sheet
- Parchment paper
- Rolling pin (or pasta roller to ensure consistent thickness)
- (optional) Fork to imprint top of each cracker

Ingredients:

<u>INGREDIENT</u>	<u>QUANTITY</u>
Sourdough Starter 'Discard'	100g
Rolled oats	50g
Water	25g
Seed mixture (see notes above)	40g
Olive oil	1 oz
Honey	½ Tbsp
Bread flour	50g
Salt	½ tsp

Directions – Baking Day:

When you have about 5 hours, prep & bake as follows:

1. In a medium bowl, mix together the sourdough starter, rolled oats, & water
2. Cover and let rest for 2-3 hours (small bubbles should form in the mix)
3. Stir in all remaining ingredients and mix well
4. Cover and let rest for 30-45 minutes
5. Preheat oven to 350°F
6. Lightly flour the counter and the rolling pin
7. Roll the dough out until it is very thin (consider using a pasta roller to ensure consistent thickness)
8. Line a baking tray with parchment paper
9. Using a round cookie cutter, cut out pieces of dough
10. Place cut pieces on parchment paper
11. Puncture each cracker with a fork imprint
12. Sprinkle small amount of seasoned salt on the crackers (e.g., Seneca Salt)
13. Bake for 7-12 minutes – rotating tray ½ way through
14. Bring cracker out of oven and flip over
15. Bake for another 7-12 minutes – rotating tray ½ way through
16. Store airtight at room temperature for up to a week (or freeze if desired)