

Sourdough-Crackers

Ingredients: makes approx. 200g baked Crackers

100g	Sourdough starter
50g	ground, old bread or Flour
20g	Canola or Olive oil
20g	Seeds (Pumpkin/Sunflower seeds, Sesame, etc.)
3g	Salt
1 TBSP	Herbs or spices: Paprika or Curry or Zaatar
Deco:	
1 TBSP	Same spices used in the Dough 😊

Preparation:

Preheat Oven on 160° Celsius.

Place sourdough in a bowl.
Add ground Bread or flour.
Add oil, salt, seeds.

Combine to a dough.

Place on a parchment paper (ideally reusable one).

Cover with a second sheet parchment paper and roll out thinly, using a rolling pin.

Stop quickly in the middle of the process and remove the upper paper. Sprinkle with Deco spices and cover again with the paper, finish to roll out. Roll out approx. 2-5 mm thin (as you like).

Move with the paper on a tray and remove the upper parchment paper and cut stings or squares like you prefer.

Bake at 160° Grad fan for approx. 20 min till crispy. The time depends on the thickness you choose 😊

Remove from oven and let cool on the rack till cold and solid.

Ground bread: don't use the one from grocery's as it won't be nice taste!! Dry you one and ground it in a blender/Vitamix/Thermomix or cutter.

*** Oriental Spice mix Zaatar** is made of:

1 TBSP roasted Sesame

2 TSP Sumach

½ TSP Salt

3 TBSP Syrian Yisop (wild Thyme that smells intense like Oregano) if not available use instead half Thyme and half Oregano. Combine, finish 😊

Flavors suggested:

- Paprika
- Curry
- Cumin
- Ras-El-Hanout
- Zaatar*, etc.