

Yeast & Gluten Free NORDIC CRACKERS or LAVOSH (vegan, FODMAP friendly, grain free)



Your 'handling' time: 15 minutes



Cook Time: 5-7mins each



Serving: lots of crackers

Ingredients

SMALL FAMILY

250g 380g water, warm
330g 500g Gluten Free Bread Mix
50g 75g extra virgin olive oil
1tbs 1.5tbs apple cider vinegar
120 180g seeds of your choice
Sea Salt or Pink Salt Flakes for sprinkling
1tbs is 15 ml



Cooking Method

- In a large bowl, combine ingredients
- Mix well by hand or in your favourite electric mixer until well mixed (5mins), scrape down the sides regularly.
- Let the dough stand for 15 mins to thicken.
- Shape the dough into a ball and use immediately or you can keep the dough in the fridge for a couple of days.
- When you are ready, divide the dough into 200-250g portions and shape into balls
- Dip or dust the dough balls generously with rice flour.
- Using a rolling pin, roll one dough ball to a thickness of 1mm for lavosh) or 2mm for crackers, in between two sheets of baking paper
- Peel the top sheet of baking paper and repeat the process for the rest of the dough balls.
- Sprinkle each rolled dough with sea salt flakes and lightly press with your rolling pin
- Score the rolled dough to any shape you like
- Pre-heat your oven to 160C fan forced
- Bake the crackers for 35-45mins until golden brown and cooked, taking extra care not to burn your crackers
- Let the crackers to cool completely and to crisp up – if they are not crisp enough after cooling, re-bake for an extra 10-15mins

Crackers will keep in an airtight container for a month

More recipes inc. sourdough: www.wildsourdough.com.au

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Dry bread mix INGREDIENTS: WHOLEMEAL GLUTEN FREE FLOUR BLEND (sorghum, organic stoneground buckwheat, chia seed, organic psyllium), organic tapioca starch, bamboo shoot fibre, calcium carbonate, sea salt. Made in Australia from 40% Australian ingredients (**Gluten free & gluten tested; high protein 11%; high fibre 15%; grain free, Fodmap friendly; corn, soya, rice free**)

Sourdough Gluten Free NORDIC CRACKERS or LAVOSH (vegan, FODMAP friendly, grain free)



Your 'handling' time: 15 minutes



Cook Time: 5-7mins each



Serving: lots of crackers

Ingredients

SMALL FAMILY

250g 380g water, warm
330g 500g Gluten Free Bread Mix
50g 75g extra virgin olive oil
50g 80g gluten free sourdough starter, active
(1 flour to 1 water)
120 180g seeds of your choice
Sea Salt or Pink Salt Flakes for sprinkling
1tbs is 15 ml



Cooking Method

- In a large bowl, combine ingredients
- Mix well by hand or in your favourite electric mixer until well mixed (5mins), scrape down the sides regularly.
- Let the dough stand for 15 mins to thicken.
- Shape the dough into a ball and use immediately or you can keep the dough in the fridge for a couple of days.
- When you are ready, divide the dough into 200-250g portions and shape into balls
- Dip or dust the dough balls generously with rice flour.
- Using a rolling pin, roll one dough ball to a thickness of 1mm for lavosh) or 2mm for crackers, in between two sheets of baking paper
- Peel the top sheet of baking paper and repeat the process for the rest of the dough balls.
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- Bake the crackers for 35-45mins until golden brown and cooked, taking extra care not to burn your crackers
- Let the crackers to cool completely and to crisp up – if they are not crisp enough after cooling, re-bake for an extra 10-15mins

Crackers will keep in an airtight container for a month.

Gluten Free starter is available from:

www.wildsourdough.com.au

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Dry bread mix INGREDIENTS: WHOLEMEAL GLUTEN FREE FLOUR BLEND (sorghum, organic stoneground buckwheat, chia seed, organic psyllium), organic tapioca starch, bamboo shoot fibre, calcium carbonate, sea salt. Made in Australia from 40% Australian ingredients (**Gluten free & gluten tested; high protein 11%; high fibre 15%; grain free, Fodmap friendly; corn, soya, rice free**)