

Wheat 'n' Rye Sourdough Crackers ©riotrye

Sourdough crackers, showing the development of flavour through fermentation.

Makes 187g of dough
6 crispbreads approx 30g each

Ingredients	Weight (g)	Weight/ kg (g)
Strong White Flour	100	535
Water	45	240
Rye Starter (discard) @ 100% hydro	40	215
Sea Salt	2	10
Total Dough Weight	187	1000

Whilst you are building the starter culture, sometimes you may not wish to compost the discard or you have more starter than you need or you just want to make some tasty crisp breads.

Here by using the fermented rye, we can really increase the flavour of our foods. The amount of flavour we wish to bring to the crispbread will be made by fermenting the dough, primarily over a long period in the fridge.

About **12 hrs before you wish to mix the dough** refresh both starters. 1/3 starter, 1/3 flour, 1/3 water and leave to ferment.

For the 'wheat levain'
100 g wheat starter
100 g water
100 g strong white flour

For the 'rye levain'
75g rye Starter
75g water
75g wholemeal rye flour

About **12 hrs before you wish to bake the crackers/crispbread** mix the dough. I like the flavour and texture of the dough when it has been left to ferment for about 10 hrs at about 16C. If you don't have a room at about this temperature, the dough can be fermented for 1-4 hrs at about 21C and then placed in the fridge for up to about 24hrs to develop flavour without degrading the gluten too much.



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Weigh all the ingredients into a mixing bowl and roughly bring together, turn out onto a counter and knead for 7–10 mins, or mix in a mixer for about 5 mins on slow speed.

The dough should be kneaded/mixed until the gluten begins to develop some strength. Do not over-knead or mix the dough, as this can make the crispbreads/crackers tough.

When the dough is fairly smooth, place it in a lightly oiled container, cover and leave in an area at about 16C for about 10hrs to ferment. This long slow fermentation will develop the flavour, but the low temperature will help preserve the gluten structure. Alternatively the dough can be fermented for 1-4 hours at about 21C and then placed in the fridge for up to about 24hrs to develop flavour without degrading the gluten too much.

After the dough has fermented cut into 6 x 30g pieces.
Cover and leave at warm room temperature.

Making the crispbread/crackers

The 30g piece of dough will make a crispbread approx 10cm x 25cm.

I like to get them very thin so that they are nice and light.

Use a rolling pin (I prefer a French rolling pin as I find I can get the dough much thinner, but a regular one is fine).

A pasta sheet maker also works very well and can help speed up the process.

You don't want to use too much flour on the pin or surface as the flavour of excessive raw flour can be off-putting; just enough to prevent the dough sticking to the bench and pin.

If using a pasta maker, first pass the piece of dough through on the widest setting and then on a lower setting. On the machine I have I find the 2nd thinnest setting works well.

Place the rolled out pieces of dough onto a baking sheet lined with parchment paper.

Bake in a preheated oven at 200C for 10–15 mins.

Half way through the bake flip the dough over to achieve even baking on both sides.

The crispbread should be lightly browned but not overly so.

As they are very thin 1 min extra can over-bake the crispbread.

Remove from the oven and let cool on a cooling tray.

Although the crispbreads are cooked at this stage they need to be fully dehydrated.

Turn the oven down to 100C and when it has reached this temperature bake for a further 10mins.

Remove from the oven and let cool on a cooling tray.

When they are cool place them in an airtight container to retain crispness.

If you would like to flavour the crispbread with sesame seeds - after the dough has been rolled out to its thinnest setting, sprinkle sesame seeds over the top and press down with the rolling pin.

Enjoy!



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