

Sourdough Spelt Crackers

Makes 96 crackers

1 1/2 cups spelt flour, einkorn or whole wheat cake and pastry
1 cup kamut flour, rye flour or unbleached all-purpose flour
2/3 cup dark brown sugar or coconut sweetener
1 tsp baking soda
3/4 tsp sea salt
2/3 cup butter, cut into 1" cubes or 2/3 cup coconut oil
2 tbsp whole milk or light coconut milk
1 cup sourdough starter
1 tsp pure vanilla extract

Option 1: Add 1 1/2 tbsp raw honey.

Option 2: Add 1 tsp cinnamon.

In a food processor bowl, using the steel blade attachment, combine the flours, choice of sweetener, baking soda and sea salt. Pulse to blend. Add the butter and process until the mixture is the consistency of a coarse meal.

Add the milk, sourdough starter and vanilla extract (and either honey and/or cinnamon, if using). Process until the dough comes together. It will be soft but not sticky. If too sticky add more spelt flour. The texture will vary depending on the thickness of the sourdough starter. If too dry, add more milk. Transfer to a bowl and continue to mix the dough so it is homogeneous.

Divide the dough into two halves. Put half the dough onto a lightly-floured work surface (use spelt, kamut or all-purpose for rolling) and shape into a square about 1" thick. Roll the dough into an 8" x 8" square, about 1/8" thickness. If the square needs to be bigger in order for it to be the right thickness, then roll it bigger. Lay the rolling pin just inside the edge of one side of the square. Run a knife or pizza cutter along the rolling pin to eliminate the rough edge of the square. Repeat with the other 3 sides so the square has straight edges. Use a knife or pizza cutter to cut the square into 16 2 x 2" squares (or more if the square is bigger than 8" x 8). This can be done by cutting the square into four equal strips and then cutting each strip into four pieces.

Place each square on a baking sheet, lined with parchment paper. Poke holes in each square with a fork and put in the oven. Bake for 12-14 minutes or until the crackers are crisp. Rotate the tray halfway through. Remove from the oven and let cool. Transfer to an airtight container and store at room temperature. Keeps for one 1-2 weeks.

Repeat with the other half of the dough. Dough can also be frozen and baked later.

