



# Savoury Seedy Crackers



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These crispy seedy crackers are so simple to make, it seems almost insane to go and buy something similar from the shops. Plus you can flavour them with almost any seed you like. We've used caraway seeds, but sesame, poppy, fennel or even cumin seeds would also be excellent additions – it very much depends on what you prefer.

Linseed meal is included too for extra flavour and it's good for you as well.

We wonder if that cancels out the naughtiness of the lavish amounts of cheese we like to eat with these crackers?

## **Ingredients** *(makes about 20-24)*

- 200g strong white flour
- 50g linseed meal
- ½ tsp baking powder
- 1 tsp caraway seeds
- ½ tsp salt
- 40ml cold pressed rapeseed oil
- 100ml water

## **Method**

Preheat the oven to 160C / 325F / Gas 3.  
Lightly oil 2 baking trays.

In a large bowl mix together the flour, linseed meal, baking powder, caraway seeds and salt.

Pour in the oil and rub in using your fingertips until the mixture resembles coarse breadcrumbs.

Add the water a little at a time, using your hand to mix until a soft but not sticky dough forms.

Dust the work surface with flour and roll out the dough until it is about 5mm thick. Using a 5cm cutter, stamp out the dough into discs and set to one side.

Then take each individual disc and roll out very thinly to 1mm, into an oval shape. Place them on the baking trays and put them into the oven and bake for for 5-6 minutes until dry and crisp, but hardly browned.

When baked remove them from the oven and carefully arrange on to a wire rack to cool.  
Store in an airtight container.