

Seeded Rye Sourdough Crackers

This recipe is wheat-free, vegan, and delicious. The dough can be a bit tricky, if you've never worked with rye, as rye flour tends to absorb moisture differently than wheat flour. By paying more attention to the consistency of the dough, and adjusting flour and water as needed, these crackers will turn out great.

Ingredients

- Generous 1 cup rye flour
- ¼ cup sesame seeds
- ¼ teaspoon salt
- 1 cup fresh sourdough starter
- 2 tablespoons melted coconut oil
- 1 tablespoon maple syrup



Instructions

1. Preheat oven to 300°F.
2. In the Bosch mixing bowl equipped with dough hook, combine rye flour, sesame seeds, and salt. Gradually stir in the starter, melted coconut oil, and maple syrup until a firm ball of dough comes together. Add flour or water, if needed, to create a moist dough ball.
3. Turn dough out onto a floured work area. Knead to incorporate all ingredients, but be careful not to add too much flour. The dough should be tacky but not too sticky so that it will roll easily. Add flour or water as needed to achieve this state.
4. Divide dough into four small balls. Roll each ball into a rectangle on a floured surface, lifting the dough occasionally to prevent it from sticking. Add more flour as needed to prevent sticking.
5. Very carefully transfer rolled dough to a parchment-lined baking sheet. Repeat with remaining balls of dough.
6. Score crackers into 1-2" squares using a pizza cutter. Prick each cracker with a fork.
7. Bake for 20-30 minutes, depending on the thickness of the cracker. Begin checking them at 20 minutes. If the edges are darkening and the middle still needs more baking time, remove edges and continue baking.
8. Cool completely and store in an airtight container.