

Artisan Crispbreads

Makes about 12 crispbreads

Finding tasty and healthy gluten-free crackers isn't easy and they are expensive. These rustic crispbreads not only look and taste good, but they are so easy to make and very moreish. They are really good to eat with dips and pates or with soup.

Ingredients:

- 40g (1½oz) finely ground linseed
- 150ml (5fl oz) boiling water
- 150g (5oz) gluten-free plain flour (see page 22)
- ½ level tsp gluten-free baking powder
- 1 level tsp sweet smoked paprika
- 2level tsps fennel seeds
- ¼ tsp salt and¼ tsp freshly ground black pepper
- 30ml (1 fl oz) rice bran or olive oil
- Sesame seeds and extra flour, for dusting

Instructions:

1. Preheat the oven to 200°C (180°C fan), gas mark 6.
2. Whisk the ground linseed in the boiling water and leave to soak while you prepare the remaining ingredients.
3. Sift together the flour, baking powder and paprika, then mix in the fennel seeds, salt and pepper.
4. Add the oil to the soaked linseed, then mix with the flour to form a soft dough, adding a little cold water if needed.
5. Dust a board or work surface with a mixture of flour and sesame seeds. Using your hands, roll large tablespoons of dough into balls (about 12) before rolling them out into long, thin ovals using a rolling pin. Make these as thin as the sesame seeds will allow, but don't be fussy about the shape - they are



meant to look rustic.

6. Place the ovals on two large baking trays (no need to grease) and bake in the oven for 5 minutes before turning over and cooking for another 5 minutes or until crisp and golden.

7. Cool on a wire rack. Store in an airtight container once cool and eat within 5-6

Variations

Vary the flavouring by replacing the smoked paprika and fennel seeds with one of the following combinations:

Cardamom and Chilli: Replace with the crushed seeds of 12 cardamom pods and ¼-½ teaspoon chilli powder.

Basil and Oregano: Replace with ½ teaspoon basil and 1 teaspoon oregano.

Cumin, Coriander and Garam Masala: Replace with 1 teaspoon of cumin seeds and ½ tsp each of ground coriander and garam masala