

CWC Whole wheat cracker recipe
Recipe adapted from Smitten Kitchen
Recipe makes 35 Crackers, 2-inch squares

Ingredients:

(100 grams) whole wheat flour
(6 grams) sugar*
(2 grams) table salt, plus additional for topping
(1 grams) paprika, optional
(2 grams) baking powder
(35 grams) unsalted butter, cold is fine, cut into small bits
(39 grams) cold water



*Optional sugar may be eliminated if evaluating for flavor profile.

Directions:

In a food processor: Combine the flour, sugar, salt, and butter in a food processor, pulsing the mixture until the butter is evenly dispersed in the crumbs. Drizzle in (39 grams) cold water with the machine running; run it until the mixture begins to form a ball.

By hand: Combine the flour, sugar, salt, paprika and butter in a medium bowl. Using a pastry blender or your fingertips, work the butter into the mixture until mixture resembles coarse cornmeal. Add 39 grams cold water, stir with spoon until combined. Knead once or twice on counter.

Heat your oven to 400 degrees. Either lightly grease baking sheets or line them with parchment paper.

CWC Sheeting Method: Flour dough and pass through pasta/noodle sheeter at widest gap settings. Fold dough in half and repeat 2-3 more times. Gradually decrease the gap settings as you sheet the dough. It should be 2nd to the last setting. Sheet until it is 1.75mm or if you do not have a caliper to measure dough thickness, sheet dough as thin as possible without dough tearing. The thinner the better.

If you do not have a pasta sheeter, place the dough between two parchment paper, and use a rolling pin to roll out the dough as thin as possible.

Place the sheeted dough on a lined parchment paper and use a pastry brush to brush olive oil lightly on the surface of the sheeted dough. Use a knife or pastry wheel to cut dough into 2-inch squares or desired cracker size. Dock crackers all over with a toothpick or pointy end of a thermometer. Sprinkle with additional table salt if you'd like to approximate the salty exteriors of the store-bought crackers and/or sprinkle desired toppings. Space crackers 1/4" to 1/2" as they really don't spread, and to allow crackers to bake evenly. Bake for 10 minutes until crackers are crisp and bronzed.

Cool in baking pans on racks. Crackers will keep in an airtight container officially for a week but ours are in fact two weeks old and still perfect. You can also freeze them in an airtight container between sheets of waxed paper for a couple months.

Nutrition Facts

Serving size 6 pieces (30g)

Serving Size (g)	30
Calories (g)	104
Total Fat (g)	5
Saturated Fat (g)	3
Trans Fat (g)	0
Cholesterol (g)	0
Sodium (mg)	128
Total Carbs (g)	13
Dietary Fiber (g)	2
Sugars (g)	1
Net Carbs (g)	10
Protein (g)	2