

# Buckwheat Crackers

Thought these might be a lovely snack for my sweetheart. He'll take them along on his cross Atlantic flight Monday, headed to Germany where he will be with his mom for a stretch post surgery. And of course I couldn't help but hold back a few to enjoy myself. Recipe adapted from Aran Goyoaga.

Makes 2 large sheets or 4 toaster oven sized baking sheets.

## Ingredients

- 1 cup (120 g) light buckwheat flour
- 1/2 cup (50 g) almond flour
- 1 teaspoon kosher salt
- 1 cup (225 g) hot water
- 1/4 cup (55 g) extra-virgin olive oil
- 1/4 cup (35 g) pumpkin seeds
- 1/4 cup (35 g) sesame seeds
- 2 teaspoons fennel seeds
- Flaky salt, for sprinkling
- Black pepper, for sprinkling

## Directions

1. In a medium bowl, whisk together the buckwheat and almond flour, salt, hot water, and olive oil until smooth. The batter, like heavy cream or very thin pancake batter, will be runny. Add more water if needed.
2. Cover the bowl and let the batter rest for 20 minutes.
3. Measure and mix seeds together in a small bowl.
4. Preheat oven to 300F. Line two baking sheets with parchment paper.
5. The batter will have thickened slightly but will remain pourable and thin. Pour half of the batter on a baking sheet if using large sheets or one fourth if using the

smaller sheets.

6. Evenly spread the batter until it is paper thin and reaches the edges of the pan.
7. Sprinkle a portion of the seed blend across the top of the batter and gently press them down. Sprinkle a little bit of flaky salt and freshly ground black pepper over the top.
8. Bake for 15 minutes. Rotating the baking sheet and continue baking for another 15 minutes.
9. The cracker should be golden brown and dry.
10. Gently remove the cracker from the baking sheet, lifting the parchment paper's ends. Place the cracker directly on the oven rack and continue baking for another 5 to 10 minutes until it is completely dry on the bottom.
11. Repeat process for each sheet.
12. Cool completely on a rack. Break into large shards. Store the crackers in an air-tight container. They keep for several days.