Crispbread

מתכון מאת V-ZUG Ltd.

Preparation	25 Mins
Resting time	1 Hrs
Cooking time	55 Mins
חיבור	20
התקן	CombairSteamer V2000 from 2021

with spelt flour and seeds

Crispbread

60 g fine rolled oats

60 g spelt wholemeal flour

60 g mixed kernels and seeds, (e.g. linseed, sesame seeds, sunflower seeds)

1 tbsp olive oil

200 ml lukewarm water

1 tsp salt

Baking

Poppy seeds for sprinkling

Crispbread

Chop the kernels. Mix with the rest of the ingredients in a bowl to form a sticky mixture.

Cover and leave to rest at room temperature for about 1 hour.

Baking

Preheat the cooking space to 160 °C using the top/bottom heat mode.

Spread the mixture wafer-thin on a lined baking tray. Sprinkle with poppy seeds.

Bake the mixture in the middle shelf position for 55 minutes. Allow to cool and then, using your hands, break into the desired size pieces.

Cooking steps

(Pre-)heat cooking space to 160 °C with Top/bottom heat

Preheating finished. Put the food in.

Top/bottom heat 160 °C for 55 Mins

עצות

Keep the crispbread in a closed container, away from moisture and direct light.

אביזרים

Baking tray

מידע נוסף

הופק ביום	26.01.2022