



# Crispbread

Recipe by V-ZUG Ltd.



|              |                                |
|--------------|--------------------------------|
| Preparation  | 25 Mins                        |
| Resting time | 1 Hrs                          |
| Cooking time | 55 Mins                        |
| Piece        | 20                             |
| Appliance    | CombairSteamer V2000 from 2021 |

with spelt flour and seeds

## Crispbread

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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

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Poppy seeds for sprinkling

## Crispbread

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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

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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

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**(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**

## Tips

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

## Accessories

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Baking tray

## Additional information

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Created on 26.01.2022

