

Lavash Crackers



INGREDIENTS:

- 1 ½ Cups (6.75 Ounces)
Unbleached Bread Flour
- ½ Teaspoon (.13 Ounces) Salt
- ½ Teaspoon (.055 Ounces) Instant
Yeast
- 1 Tablespoon (.75 Ounce) Honey
- 1 Tablespoon (.5 Ounce)
Vegetable Oil
- 1/3 To ½ Cup (3 To 4 Ounces)
Water at Room Temperature
- Poppy Seeds, Sesame Seeds,
Paprika, Flax Seeds, or Kosher
Salt for Topping

DIRECTIONS:

On Baking Day

1. Preheat the oven to 350 degrees F with oven rack on middle shelf.
2. In a mixing bowl, whisk together the flour, salt, yeast, honey, oil, and just enough water to bring everything together into a ball. You may not need the full ½ cup water, but be prepared to use it all if necessary.
3. Sprinkle some flour on the counter and transfer the dough to the counter. Knead for about 10 minutes. The dough should pass a windowpane test (cut a small portion of the dough and try to stretch it without tearing it) and register between 77 to 81 degrees F. Lightly oil a bowl and transfer the dough to the bowl, rolling it around to coat it with oil. Cover the bowl with plastic wrap.
4. Ferment at room temperature for 90 minutes, or until the dough doubles in size. You can also choose to retard the dough overnight in the covered bowl in a refrigerator immediately after kneading. If you choose to retard the dough overnight remove it from the refrigerator 1 hour before rolling it out to allow the dough to get back to room temperature.
5. Mist the silpat (silicone mat) lightly with spray oil and transfer the dough to the silpat. Cut the dough into two equal portions and perform the remaining steps for each piece one piece at a time.
6. Press the dough into a square with your hand and dust the top of the dough lightly with flour. Roll it out with a rolling pin into a paper-thin sheet about 12x15 inches. You may have to stop rolling from time to time so that the gluten can relax. Cover the dough with a clean towel or parchment paper while it relaxes. When it is the desired thinness, let the dough relax for about 5 minutes. Line a sheet pan or cookie sheet with baking parchment. Carefully transfer the dough to the parchment and trim any excess from the edges.
7. Mist the top of the dough with water and sprinkle a covering of seeds. Be careful if you are using any spices for a little goes a long way. If you want to pre-cut crackers use a pizza cutter to cut the dough. You do not need to separate the cut pieces at this time. You can also choose not to cut the dough at this time and instead break the cracker into pieces after it has baked and cooled.
8. Bake for 15 to 20 minutes, or until crackers begin to brown evenly across the top. The bake time will be dependent on how thin you rolled the dough out.
9. When the crackers are baked remove the pan from the oven and allow the crackers to cool on the pan for about 10 minutes.

