

Inexpensive Eating

Black Sesame Crackers

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½ C whole wheat flour
1 ½ C all purpose flour
¼ C black sesame seeds
1 t salt

½ t ground black pepper
¾ C water (more or less)
2 T vegetable oil
1 t sea salt, divided

Preheat oven to 400°.

In a large mixing bowl, combine all purpose flour, whole wheat flour, sesame seeds, salt, and pepper. Add oil and about 10 T water to start (¾ C, less 2 T) mix until combined. Add a little more water if necessary. Turn dough out onto floured board and knead for 60-90 seconds. The dough should not be sticky.

Divide dough into 4 equal parts. Working with one piece at a time, roll dough out until very thin. Dock the dough all over with a fork. Sprinkle with ¼ t of sea salt and press lightly into dough. Cut dough into rectangles approximately 2" x 3". Transfer to a baking sheet and bake for 6-8 minutes, making sure the crackers don't get too dark. Transfer to a cooling rack.

Note: you can certainly use traditional light sesame seeds. I just think the black ones add some visual interest to the crackers.

Makes about 12 dozen crackers.

