

Nordic nibbles

Mixed good-for-you seeds, in a small cracker like nibble from Finland¹.

Inspired by an article in the *Manchester Guardian*, 31st August 2013.

This is top-notch moreish snack food for a party or just to have with a glass of Fairtrade wine.

Ingredients

50 g flax seeds
60 g sesame seeds
40 g pumpkin seeds
225 g plain white flour
5 g baking powder
5 g salt
100 ml sunflower oil
75 - 140 ml water

Method

Cooking

Pre-heat the oven to Gas Mark 6.

Blitz the flax seeds to a coarse powder in a coffee grinder (or pound them using a pestle and mortar, and then mix all of the dry ingredients.

Rub in the oil.

Progressively add the water until the mixture comes together as a soft dough.

Take a quarter of the dough (about 150 g) and roll it out as thin as it will go between two sheets of non-stick baking parchment.

Remove the top sheet and cut the dough with a pizza wheel or double handed herb chopper into small (about 1 cm) squares.

Slide the sheet of dough onto a baking tray or direct onto your baking stone and bake for about 20 minutes until golden and crispy.

Allow to cool on a wire rack.

To serve

Use as a snack, or as an extra dish on the meze table.

Notes

The sesame shines through in this very moreish snack.

A version of this snack is available, see Nordic Crispbread², which is suitable for use as a cracker for cheese or pate.

The nibbles will keep for a week or so in an airtight container.

¹<http://www.fairtradecookbook.org.uk/countries/finland.htm>

²http://www.fairtradecookbook.org.uk/recipes/nordic_crispbread.htm