



Fifteenth Annual International Festival—Virtual Edition
St. Cuthbert Church
Sweden
Emily and Mike Holmgren



Knäckebröd (Swedish Crispbread)

1 ³/₄ cups plus 2 tablespoons dark rye flour

¹/₂ cup plus 2 tablespoons spelt flour

³/₄ to 1 cup water

¹/₄ cup rye sourdough starter OR ¹/₂ teaspoon fast action yeast

1 teaspoon fine sea salt

1 tablespoon honey

1 generous teaspoon caraway seeds, optional

Combine the two flours, and fast action yeast if using, caraway and the salt. Add the sourdough starter, honey and water, mix until you have a smooth dough. It should be firm, but if it seems too dry, add a little more water, a tablespoon at a time, and work until smooth. (If fast action yeast is being used, more water will likely need to be added.)

Cover the bowl with saran wrap and leave to rest overnight at room temperature (8 hours). The mixture will only expand slightly but should smell “yeasty” and slightly sour the next day.

Preheat the oven to 390 degrees. Place a large baking tray in the oven.

Divide the dough into 24 pieces. Shape each piece into a ball and flatten one at a time into a disc and place on a well-floured work surface (use more rye flour) and roll out as thin as possible – around 1-2mm. Use a fork to prick all over the surface of each crispbread. Put a hole in the middle of each one. Continue until you've used all the dough.

Remove the tray from the oven and place the crispbreads on the hot tray and bake in batches. Bake for around 8-10 minutes until the discs are lightly browned. Watch carefully as there is not much difference between done and burnt! Once all the crispbreads have baked, turn off the oven and leave the crispbreads in until the oven has cooled down. Place the crispbreads on a baking tray, it's ok to pile them on top of one another and return to a preheated oven (250°) and bake for about 15 minutes. Turn the oven off and leave the crispbreads to cool in the oven. Store in an airtight container and they'll keep for several weeks.