

Recipe No. 43/2013

Yeast-free Crackers (lavos)

These yeast-free crackers are a perfect accompaniment to many dishes as well as being perfect to serve with dips and cheese. Make ahead of time. Keep for up to 2 weeks in an airtight container.

Makes: 30

Preparation time: 5 minutes

Baking time: 15 minutes

Ingredients

100g milk
220g bread flour
20g olive oil
70g butter at room temperature
1½ tsp sea salt
Parmesan or seeds to sprinkle on top, optional

Method

- Preheat oven to 180°C
- Place all ingredients in TM bowl. Mix **4 sec/speed 6**. Knead **1 min/closed lid position/interval speed**.
- Divide dough into four pieces. Place one piece onto a silicone or non-stick mat. Cover with a piece of baking paper. Roll out to about 3mm thick. Once rolled out, flip everything over. Gently peel off the mat and place the dough and baking paper onto a baking sheet. Bake 12 – 15 minutes until golden brown. Repeat with remaining dough.
- Cool and break into pieces.

Cook's notes

- Once dough has been rolled out, cut into shapes or pieces. Bake.
- Sprinkle dough with Parmesan cheese, seeds or sea salt flakes.

Shelagh Harrop uses the internet hugely to find and be inspired by Thermomix recipes. Shelagh says she found this one a while ago on her internet travels . Thank you for sharing.



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