



# Greenmarket Recipe Series

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## KNÄCKEBRÖD (SWEDISH CRISPBREAD)

*RECIPE ADAPTED FROM JOHANNA KINDVALL'S*

*"SMÖRGÅSBORD: THE ART OF SWEDISH BREADS AND SAVORY TREATS"*

*YIELD: 35 CRISPBREADS*

### Ingredients:

- 1 cup water
- 1 teaspoon active dry yeast
- \*1 cups (120 g) rye flour
- \*1¾ cups (250 g) all-purpose flour, plus more as needed
- 1 tablespoon caraway, toasted and coarsely crushed
- \*2 teaspoons salt (plus more for seasoning, optional)

*\* Ingredients available seasonally at your neighborhood Greenmarket*

### Instructions:

1. Heat the water until warm to the touch, about 110°F. In a cup, dissolve the yeast in 2 to 3 tablespoons of the water. Stir and let sit for a few minutes until bubbles form on the top.
2. In a large bowl, mix together the rye flour and all-purpose flour with the water and yeast mixture. Work the dough together until well combined. Transfer the dough to a lightly floured flat surface and knead for about 3 minutes. The dough should feel slightly sticky. Shape the dough into a ball and place in a bowl, cover with a damp tea towel, and let rise at room temperature in a draft-free place for at least 8 hours or overnight. You can also let the dough rise in the refrigerator for up to 48 hours.
3. About 30 minutes before baking, add the caraway seeds and salt to the dough. Knead the dough on a floured flat surface until it is smooth and the outer surface doesn't feel sticky, about 2 minutes. Add more all-purpose flour, if necessary. Set aside and let rest for 30 minutes.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit [www.growNYC.org](http://www.growNYC.org).

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4. Preheat the oven to 400°F. Divide the dough into 4 equal pieces and roll out each piece into a log. Cut each length into 9 equal pieces and shape each into a single ball. Keep the balls covered with a damp kitchen towel.
5. On a generously floured flat surface, roll out each ball until as thin as the caraway seeds. To give them a nice pattern as well as preventing air bubbles from blowing up during baking, roll each round a few times with a kruskavel (knobby rolling pin) or create a random pattern with a fork.
6. Optional: If you like a saltier crispbread, I suggest you sprinkle a pinch of flaky sea salt on each round while rolling them out.
7. Place as many rounds as you can fit on a baking sheet (no parchment paper or oil needed) and bake for 4 to 6 minutes, until the crackers are golden brown and crisp. If they are still soft, bake them just a little longer, but keep an eye on them because they burn easily. Remove the baking sheet from the oven and let the crispbread cool on a cooling rack or flat surface. Let cool completely before stacking them.
8. Store the crispbreads in an airtight container at room temperature for up to 3 months.

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