



Fennel & poppy seed cracker wreath



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



1

CALORIES



667 kcal

SIDE DISH

Ingredients

- ☐ 2 tsp double-acting baking powder
- ☐ 85 g butter diced
- ☐ 2 tsp fennel seed
- ☐ 2 tsp poppy seed
- ☐ 1 tablespoon milk

Equipment

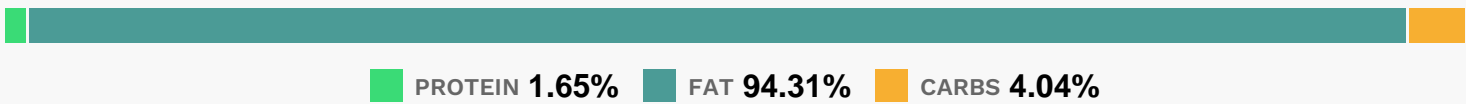
- ☐ food processor
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Line one baking sheet with parchment.
- ☐ Place the flour, baking powder, butter, fennel and poppy seeds with tsp salt in a food processor, then whizz for a minute until the butter is completely mixed with the flour.
- ☐ Add 100ml water and pulse until the mixture comes together to a firm dough thats not sticky you may need another tbsp or so of water, if it still feels.
- ☐ Roll out dough on a lightly floured surface as thinly as you can. Stamp out lots of different sized circles using a selection of round and fluted biscuit cutters of 4cm, 5cm and 6cm diameter.
- ☐ Brush a little milk over the surface of the biscuits, and prick all over with a fork. Start to arrange in a circle on the baking sheet, overlapping each other. If you want to serve a cheese in the centre, check that it will fit. Scatter over a few more fennel and poppy seeds and bake for 15 – 20 mins until the biscuits feel dry and sandy with a slightly golden colour around the edges – they may still feel soft but will harden up when cooling. Cool on the baking sheet.
- ☐ Serve with cheese & chutney. Will keep in an airtight container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:185, Glycemic Load:2.64, Inflammation Score:-8, Nutrition Score:11.783913109614%

Nutrients (% of daily need)

Calories: 666.53kcal (33.33%), Fat: 72.34g (111.29%), Saturated Fat: 44.24g (276.51%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 4.26g (1.55%), Sugar: 0.94g (1.04%), Cholesterol: 184.55mg (61.52%), Sodium: 1532.43mg (66.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Calcium: 707.81mg (70.78%), Vitamin A: 2153.85IU (43.08%), Manganese: 0.64mg (31.93%), Phosphorus: 305.32mg (30.53%), Vitamin E: 2.08mg (13.86%), Iron: 2.32mg (12.88%), Fiber: 2.7g (10.81%), Magnesium: 40.82mg (10.2%), Copper: 0.13mg (6.74%), Vitamin K: 5.99µg (5.71%), Vitamin B1: 0.08mg (5.12%), Zinc: 0.73mg (4.86%), Potassium: 152.76mg (4.36%), Vitamin B2: 0.07mg (4.08%), Vitamin B12: 0.23µg (3.76%), Selenium: 1.91µg (2.73%), Vitamin B6: 0.04mg (2.22%), Folate: 7.14µg (1.79%), Vitamin B3: 0.34mg (1.72%), Vitamin B5: 0.17mg (1.68%), Vitamin D: 0.17µg (1.1%),

Vitamin C: 0.9mg (1.09%)