



Green-Peppercorn Cornmeal Crackers

 Vegetarian

READY IN



120 min.

SERVINGS



60

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.7 cup buttermilk well-shaken
- ☐ 0.5 cup cornmeal stone-ground (preferably)
- ☐ 1 large eggs beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 4 teaspoons peppercorns dried green divided crushed
- ☐ 0.5 teaspoon kosher salt

- ☐ 2 teaspoons brown sugar light packed
- ☐ 0.5 teaspoon salt
- ☐ 1 stick butter unsalted cold cut into pieces
- ☐ 0.8 cup flour whole-wheat

Equipment

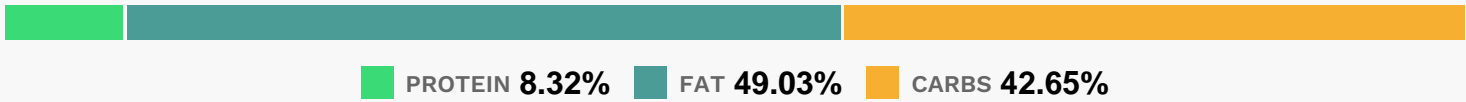
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ rolling pin

Directions

- ☐ Whisk together flours, cornmeal, baking powder, baking soda, brown sugar, 2 teaspoons peppercorns, and table salt in a bowl. Blend in butter using a pastry blender or your fingertips until mixture resembles coarse meal.
- ☐ Add buttermilk and stir just until a dough forms. Turn dough out onto a floured surface and gently knead 6 to 8 times.
- ☐ Cut into 5 pieces, then chill, covered with plastic wrap, 10 minutes.
- ☐ Preheat oven to 350°F with racks in upper and lower thirds.
- ☐ Mix kosher salt and remaining 2 teaspoons peppercorns in a small bowl.
- ☐ Roll out 1 piece of dough on a well-floured surface with a floured rolling pin into a 15- by 4-inch rectangle (1/8 inch thick). Lightly brush with egg, then prick all over with a fork.
- ☐ Sprinkle with about 1/2 teaspoon salt-and-pepper mixture.
- ☐ Cut crosswise into 12 strips and arrange 1/8 inch apart on a parchment-paper-lined baking sheet. Repeat with remaining dough.
- ☐ Bake, switching position of sheets halfway through, until golden-brown and crisp, 20 to 25 minutes. Cool crackers slightly, then transfer to racks to cool completely.

Crackers keep in an airtight container at room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:4.44, Glycemic Load:1.52, Inflammation Score:-1, Nutrition Score:1.065652175442%

Nutrients (% of daily need)

Calories: 32.93kcal (1.65%), Fat: 1.83g (2.81%), Saturated Fat: 1.07g (6.67%), Carbohydrates: 3.57g (1.19%), Net Carbohydrates: 3.25g (1.18%), Sugar: 0.29g (0.33%), Cholesterol: 7.44mg (2.48%), Sodium: 76.66mg (3.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.39%), Manganese: 0.08mg (4.04%), Selenium: 1.91µg (2.73%), Phosphorus: 18.05mg (1.8%), Vitamin B1: 0.03mg (1.7%), Calcium: 14.74mg (1.47%), Fiber: 0.33g (1.31%), Vitamin B2: 0.02mg (1.2%), Folate: 4.55µg (1.14%), Vitamin A: 56.1IU (1.12%), Iron: 0.2mg (1.12%), Magnesium: 4.28mg (1.07%), Vitamin B3: 0.2mg (1.02%)