



Rye Crispbread Crackers with Pepper-Dill Crème Fraîche and Smoked Salmon

READY IN



45 min.

SERVINGS



24

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon active yeast dry (from a)
- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon caraway seeds toasted finely
- ☐ 0.5 cup crème fraîche
- ☐ 24 servings garnish: dill sprigs fresh
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 teaspoon orange zest fresh finely grated

- ☐ 1 cup rye flour
- ☐ 4 oz fine-quality salmon smoked thinly sliced cut into 1-inch pieces
- ☐ 0.3 teaspoon salt
- ☐ 1.7 cups unbleached flour all-purpose
- ☐ 1 cup warm water (105–115°F)

Equipment

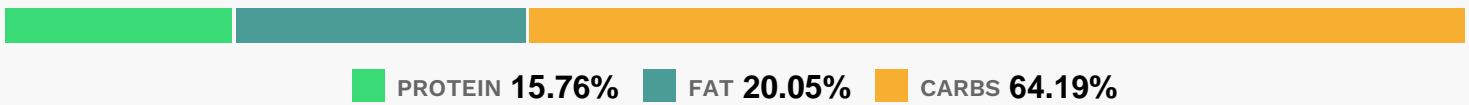
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ kitchen towels

Directions

- ☐ Stir together yeast and warm water in bowl of a standing electric mixer fitted with paddle attachment and let stand until foamy, about 5 minutes.
- ☐ Add rye flour, 1 cup all-purpose flour, caraway, and salt and beat at medium speed until incorporated. Attach dough hook to mixer and gradually beat in remaining 2/3 cup flour at medium speed. Beat dough until it begins to pull away from side of bowl, then beat 5 minutes more.
- ☐ Gather dough into a ball and put in a lightly oiled large bowl, turning dough to coat with oil. Cover bowl with plastic wrap and let dough rise at room temperature until doubled in bulk, about 1 1/2 hours.
- ☐ Preheat oven to 400°F.
- ☐ Punch down dough and divide in half. Flatten dough with lightly floured fingers to form 2 (6–by 4–inch) rectangles and let stand 3 minutes.
- ☐ Roll out each piece of dough on a floured surface into a 15–by 10–inch rectangle (1/8 inch thick).

- ☐ Transfer each rectangle to a lightly oiled large baking sheet, trimming any overhang. Cover each rectangle with a dampened kitchen towel or with plastic wrap and let stand 15 minutes.
- ☐ Make perforated lines lengthwise and crosswise on rectangles, about 2 inches apart, with tines of a fork (to facilitate breaking crispbreads into crackers).
- ☐ Bake in upper and lower thirds of oven, switching position of sheets halfway through baking, until golden brown and crisp, about 20 minutes total.
- ☐ Transfer to racks and cool. Break each crispbread into about 24 (roughly 2-inch) crackers.
- ☐ Stir together crème fraîche, dill, pepper, and salt. Spoon 1/2 teaspoon crème fraîche onto each cracker, then drape a piece of salmon on top and sprinkle with zest.

Nutrition Facts



Properties

Glycemic Index:5.71, Glycemic Load:4.8, Inflammation Score:-1, Nutrition Score:2.9339130507863%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 64.12kcal (3.21%), Fat: 1.43g (2.2%), Saturated Fat: 0.55g (3.47%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 9.4g (3.42%), Sugar: 0.24g (0.26%), Cholesterol: 5.43mg (1.81%), Sodium: 174.08mg (7.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Manganese: 0.17mg (8.7%), Selenium: 5.5µg (7.86%), Vitamin B1: 0.11mg (7.16%), Folate: 22.09µg (5.52%), Vitamin B3: 1.03mg (5.13%), Vitamin B2: 0.08mg (4.73%), Fiber: 0.89g (3.55%), Phosphorus: 34.45mg (3.44%), Iron: 0.61mg (3.39%), Vitamin B6: 0.06mg (2.96%), Vitamin B12: 0.16µg (2.67%), Copper: 0.04mg (2.23%), Magnesium: 7.42mg (1.85%), Vitamin B5: 0.17mg (1.73%), Potassium: 60.69mg (1.73%), Zinc: 0.23mg (1.51%), Calcium: 10.49mg (1.05%)