



Woodman Cheese and Crackers

 Vegetarian

READY IN



120 min.

SERVINGS



28

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon caraway seeds
- ☐ 28 servings edible gold dust for garnish
- ☐ 0.5 cup cup heavy whipping cream (4.1 oz / 116 g)
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.5 cup rye flour (2.1 oz / 60 g)
- ☐ 28 servings sea salt for garnish
- ☐ 0.3 cup yogurt plain (2.1 oz / 60 g)

- ☐ 1 tablespoon sugar
- ☐ 4 tablespoons butter unsalted cold cut into small chunks (2 oz / 56 g)
- ☐ 1.5 cups milk whole (13 oz / 363 g)
- ☐ 0.5 cup pastry flour whole wheat (2.5 oz / 70 g)

Equipment

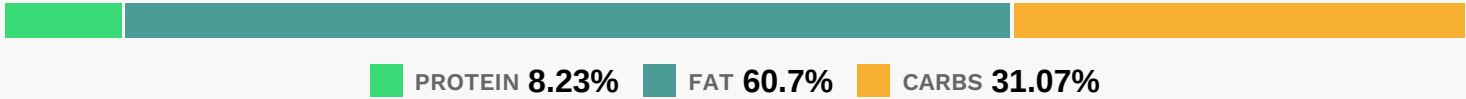
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ kitchen thermometer
- ☐ stand mixer
- ☐ spatula
- ☐ colander
- ☐ cheesecloth
- ☐ chefs knife

Directions

- ☐ To make the ricotta cheese, line a colander with a double layer of cheesecloth and set the colander over a bowl.
- ☐ Combine the milk, cream, and salt in a small saucepan and cook over medium-low heat, stirring often to prevent scorching, until the mixture registers 190°F on a digital thermometer.
- ☐ Remove the pan from the heat and gently stir in the lemon juice.
- ☐ Let stand for 5 minutes, and then pour the curds and whey through the cheesecloth-lined colander.
- ☐ Let drain at room temperature until the cheese is thick and spreadable, about 1 hour.

- ☐ Transfer the cheese to a container, cover tightly, and refrigerate.
- ☐ Combine the whole wheat flour, rye flour, sugar, salt, baking powder, and caraway seeds in the bowl of a stand mixer fitted with the paddle attachment.
- ☐ Mix briefly on low speed to blend.
- ☐ Add the butter and mix on low speed until the mixture resembles coarse meal, 1 to 2 minutes.
- ☐ Add the yogurt and continue mixing just until the dough comes together into a ball, 10 to 20 seconds.
- ☐ Turn out the dough onto a large sheet of parchment paper and press it into a flat, even rectangle measuring about 5 by 6 inches.
- ☐ Lay a second sheet of parchment paper on top and roll out the dough to an even 1/8-inch thickness.
- ☐ Remove the top sheet of parchment and, using a chef's knife, cut the dough into rough 2 by 4-inch rectangles. The dough will be sticky, so don't try to remove the rectangles until after chilling. Slide the parchment with the dough onto a baking sheet and refrigerate until the dough is firm, at least 30 minutes or up to 1 week.
- ☐ To make the crackers, position racks in upper and lower thirds of the oven. Preheat the oven to 400°F and line two baking sheets with parchment paper.
- ☐ Using a small spatula, carefully remove the crackers and place them on the prepared baking sheets, spacing them 1 inch apart.
- ☐ Bake, rotating the baking sheets midway through baking, until the crackers are golden brown and crisp, 10 to 12 minutes.
- ☐ Let cool for 10 minutes on the baking sheets, and then use a spatula to transfer the crackers to a wire rack to finish cooling.
- ☐ To serve, spread a layer of ricotta cheese about 1/8 inch thick onto each cracker. Scatter a few edible flowers over the ricotta and sprinkle with sea salt.
- ☐ Note: To create rough edges reminiscent of Francesca Woodman's photograph, we split our cracker dough into thirds, rolled it out, and then cut pieces incorporating the rough edge for a more rustic-looking cracker. Do Ahead: The ricotta cheese can be made in advance and stored in an airtight container in the refrigerator for up to 1 week. The cracker dough can be rolled out, wrapped tightly in plastic, and stored in the refrigerator for up to 1 week. Stored in an airtight container, the baked crackers will keep for 1 day at room temperature. Above and Beyond: Any large-grained sea salt will work in this recipe, but to add a final touch of color as well as unique flavor, use beautiful black sea salt from Hawaii. Resources: Black Hawaiian sea salt: saltworks.us, amazon.com

Nutrition Facts



Properties

Glycemic Index:7.82, Glycemic Load:0.59, Inflammation Score:-1, Nutrition Score:1.6873913096345%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 53.75kcal (2.69%), Fat: 3.74g (5.76%), Saturated Fat: 2.31g (14.42%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 3.83g (1.39%), Sugar: 1.33g (1.48%), Cholesterol: 10.96mg (3.65%), Sodium: 216.38mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Manganese: 0.13mg (6.67%), Phosphorus: 33.57mg (3.36%), Calcium: 32.23mg (3.22%), Selenium: 2.04µg (2.92%), Vitamin A: 136.3IU (2.73%), Vitamin B2: 0.04mg (2.11%), Fiber: 0.47g (1.9%), Vitamin B1: 0.03mg (1.69%), Magnesium: 6.53mg (1.63%), Vitamin D: 0.24µg (1.63%), Vitamin B12: 0.09µg (1.48%), Potassium: 43.98mg (1.26%), Vitamin B6: 0.02mg (1.22%), Zinc: 0.18mg (1.19%)