



PLASTIC FREE JULY

Will you accept the challenge?

Jude Blereau's Barley, wheat and rosemary crackers

Makes about 64 large crackers

These are insanely delicious and very good. With an earthy and robust flavour, they're just what you want with some good cheese and a glass of wine. I've specified wheat flour here, as it gives the gluten require to make a good cracker. You can do this in a mixer with the dough attachment, but it's just as easy to do by hand, and that means less washing up.

INGREDIENTS

- 110 g /1 cup barley flour
- 150 g /1 cup wholemeal wheat flour
- 2 teaspoons finely chopped fresh rosemary
- 1 teaspoon fine sea salt, plus extra, for sprinkling
- 2– 4 twists of freshly ground black pepper
- 60 ml extra virgin olive oil
- 1 tablespoon polenta (cornmeal), for dusting
- 35 g 1/4 cup plain (all-purpose) white wheat flour, for rolling

INSTRUCTIONS

- Place the barley and wholemeal wheat flours, rosemary, salt and pepper in a mixing bowl and whisk



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through to combine.

- Place 125 ml (1/2 cup) of water in a small bowl with the oil and add this to the dry ingredients. Use your hands to mix it together. You may need to add a little extra water, but no more than 2 tablespoons, to make a moist, but not at all wet dough.
- Turn onto a work surface and knead the dough for 5–8 minutes or until smooth.
- Separate into four balls, place in a bowl and cover and leave to sit for 30 minutes to 1 hour. If the weather is hot, leave them to sit in the fridge.
- Preheat the oven to 210°C or 190°C if fan forced.
- Sprinkle two baking trays with 1 teaspoon of polenta, so that it is evenly covered — you may bake these in batches.
- Sprinkle a work surface with a small amount of plain white wheat flour.
- Working with one ball of dough at a time (make sure to keep the others covered until you use them), roll out the dough to a circle about 33 cm (13 inches) in diameter and about 1– 1.5 mm thick.
- Roughly cut into 16 wedges like you would cut a cake (they will be large triangles).
- Prick each cracker about five to six times with the tines of a fork.
- Use a palette knife to move them to the trays.
- Sprinkle each cracker with a pinch of salt.
- Bake for 8–10 minutes or golden along the edges — keep your eyes on these as they cook as they can go from ready to overcooked very quickly.
- Remove from the oven and cool on the trays for 10 minutes before moving to a wire rack.
- Repeat with the remaining dough.
- Store in an airtight container for up to 2 weeks.

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