



Mamie's Crackers & Pizza Crust



This recipe contains basic information. Please view the teaching video for essential techniques to execute this recipe perfectly. The ingredient weights below supersede those specified in the video.

Total	Qty	STEP 1
	390 g	Carrot, chopped
490	100 g	Celery, diced
560	70 g	Water, purified
Total	560 g	

1. Food processor bowl on scale, weigh ingredients
2. Process, pour into shallow bowl

Total	Qty	STEP 2
	190 g	Buckwheat, sprouted and dehydrated
Total	190 g	

1. Shallow bowl from Step 1 on scale, add buckwheat, hand mix
2. Add to food processor, process, return mix to shallow bowl

Total	Qty	STEP 3
	160 g	Flax, whole
165	5 g	Italian seasoning
170	5 g	Himalayan salt
Total	170 g	

1. Blender jar on scale, weigh ingredients, blend
2. Add to Step 1 & 2, hand mix

Total	Qty	STEP 4
Total	920 g	500g dough for crackers; 700g dough for pizza

1. Brush Teflex sheet with olive oil
2. Weigh dough, place middle of Teflex, cover with second Teflex, roll
4. Peel off top Teflex and score (crackers), or press round cutter (pizza)
5. Place mesh on top, flip over onto tray, peel off Teflex
6. Dehydrate 18 hours. Shelf life 1 month, freezer 3 months

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Agathe Mathieu
Living Cuisine Chef
taoorganics.com