

Multigrain Crackers/Bread Bowls

Healthy specialty ingredients add flavor, nutrition and eye appeal

Roll the dough through a pasta roller for a thin cracker bowl with a cold salad,
or roll thicker for a bread bowl with hot soup or stew.

Ingredients	Volume	Grams	Percent	Bakers Percent
Bread Flour	1-1/2 cups	190	37	59.4
Whole Wheat Flour	1/2 cup	65	13	20.3
Whole Grain Rye Flour	1/4 cup	65	13	20.3
Salt	1/2 tsp	4	1	1.3
Instant Dry Yeast	3/4 tsp	1.5	<1	0.5
Briess® Roasted Barley Grits <i>(mimics the look of poppy seed)</i>	1 tbsp	10	2	3.1
Insta Grains® Wheat Berries	1 tbsp	10	2	3.1
BriesSweet™ Tapioca Syrup 63DE	2 tbsp	40	8	12.5
Olive Oil	2 tbsp	28	5	8.8
Water at 100-110° F	1/2 – 3/4 cup	100	9	31.3



Method

1. In a large bowl mix together the flours, salt, yeast, roasted grits and wheat berries.
2. Add tapioca syrup, olive oil and water. Mix well.
3. Turn dough onto lightly floured surface and knead for 8-10 minutes. The dough should be soft and pliable.
4. Form dough in a ball and place in a greased bowl, rolling it to coat all sides.
5. Cover and let it rise for 1 hour or until dough doubles in size.
6. For cracker bowls, run the dough through a pasta roller on setting 4 and drape over the back of lightly greased muffin tins, making sure the dough does not touch between the tins.
7. For bread bowls, divide dough in half and place each half on wax paper. Roll as thin as possible with a rolling pin. Relax the dough 5 minutes to make it easier to roll, if necessary. Cut rolled dough in 6-8" circles. Drape the circles on the lightly greased bottom of inverted bowls.
8. Bake at 400° F for 15 minutes or until golden brown. To remove, let bowls cool for 1 minute then slowly rock the bowls or tins back and forth until they separate. Turn over and cool on a wire rack.

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