

# KNEKKEBRØD (NORWEGIAN CRISP BREAD)

**Season:** Any

**Type:** Norwegian Snack or side

**Difficulty:** 

**Serves:** 4-6

<b>Equipment:</b>	<b>Ingredients:</b>
Measuring cups and spoons	1 cup coarse rye flour
Chopping boards and mats	1 ½ cups quick cooking oats
Knives	½ cup wheat bran
large bowl	½ cup sesame seeds
wooden spoon	½ cup pumpkin seeds
2 backing sheets	½ cup sunflower seeds
Spatula	¼ cup flax seeds
Baking paper	1 Tblsp honey
	Pinch of salt
	2 ½ cups water

## Method:

- Preheat the oven 175° C.
- Cover two sheet pans completely with baking paper.
- Chop the pumpkin seeds roughly.
- In a large measuring cup, mix the honey with a little bit of warm water until runny
- Add more water until the mixture is 2 ½ cups in total.
- In a large mixing bowl, mix together the flour, oats, wheat bran, seeds and a pinch of salt.
- Slowly add in the honey water until a wet paste forms. (You may need to wait a minute or two until the flours and oats soak up more of the water and you get the right consistency.)
- Pour half of the mixture over one of the sheet pans and spread evenly and thinly, (You can use the back of a spatula)
- Do the same for the rest of the mixture and the other sheet pan.
- Place both sheet pans in the oven. After 10 minutes, take them out and cut gently into rectangles with a pizza cutter or knife.
- Place the sheets pans back in oven and bake for another 55-60 minutes, alternating the top pan with the bottom one once through the cooking time.
- Occasionally open the oven door to release steam.
- Check the knekkebrød towards the end of the cooking time and look for them being dry and brittle with light browning on the edges.
- When finished, break the breads apart gently and let them cool completely on a wire rack.
- Store in a tight plastic or tin container and they should last for several weeks.