



OLIVE OIL CRACKERS

(Lingue di Suocera)

These crackers taste amazing! They are time consuming to make but are worth it. Lovely to serve with a sharing antipasti board or dips...

These are affectionately known in Italy as mother in law tongues! The reason being: sometimes during cooking they puff up, blister & curl & this is likened to how your mother in law can sometimes be a bit sharp-tongued!

Ingredients

250g strong flour
1 Tbsp of olive oil + extra for baking
60g bubbly starter
1 tsp of salt
115ml of water

Topping

olive oil
salt

Equipment

2-3 baking trays lined with parchment paper
rolling pin
flour shaker for dusting counter

Method

1. Mix together all the ingredients in a bowl – I usually mix the starter, water & olive oil first, then add the flour & salt. If the dough feels too dry, just add another splash of water until it comes together
2. Allow to rest covered in the bowl for 30 mins
3. The dough will be very tight in comparison to the bread dough. This is ok
4. Do a stretch & fold & leave again for another 30 mins.
5. You can leave it on the counter to prove for an hour, then place in the fridge overnight.
6. Take your dough out of the fridge & set up your work top with flour for



dusting & a rolling pin

7. Take 3 baking trays & line with Teflon sheets or parchment paper & leave to one side

8. Now its time to start rolling out your crackers – flour your counter & rolling pin well. Turn on the oven & pre-heat to 230C

9. Take a walnut sized piece of dough & start rolling it out on the counter into a long tongue like shape. The key to these crackers is rolling them as thin as possible. They take a bit of time but are worth it. You will only get that distinctive finished snap, if you make them as thin as possible...

10. Keep flouring and rolling each cracker as needed until you have the desired thinness

11. Place the thin dough on the lined baking tray & repeat until the tray is full

12. ** NB: this is important: Now take a fork & pierce each cracker multiple times all over to allow the air to escape when cooking. This will prevent the crackers from puffing up & creating air pockets

13. Then brush each cracker with olive oil - pour some olive oil into a small bowl & using a pastry brush, brush each cracker well with oil. Then sprinkle some salt on top (I use ground pink Himalayan salt, directly from the salt grinder)

14. Place your tray into the hot oven & cook for 10 mins or until golden brown. If you have a hot spot in your oven turn half way through the cooking time to avoid burning on one side.

15. When sufficiently browned, remove from the oven & allow to cool on a wire rack. They will feel a bit soft, but will crisp up as they cool.

16. Once cool, you can keep in an airtight container for up to a week.