

Sticky Fingers Cooking®



Kid-Made Crunchy Crackers

By Erin Fletter

Prep Time 20 / **Cook Time** 17 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

roll: to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

shape: to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

Equipment

- Oven
- Baking sheet
- Parchment paper (if not using oil to grease sheet)
- Grater
- Large mixing bowl
- Measuring spoons
- Whisk
- Wooden spoon
- Cutting board
- Wooden skewer or toothpick
- Heat-resistant spatula

Ingredients

Kid-Made Crunchy Crackers

- 6 oz Monterey Jack, cheddar, Havarti, or provolone cheese ******(for DAIRY ALLERGY sub 2 T nutritional yeast—see allergy subs below for additional ingredients)******
- 3/4 C all-purpose flour + plus a little more for dusting ******(for CELIAC/GLUTEN ALLERGY sub 3/4 C gluten-free/nut-free flour)******
- 1/2 tsp salt
- 2 T cornmeal
- 1/2 tsp garlic powder
- 1/4 C butter, softened ******(for DAIRY ALLERGY sub 1/4 C dairy-free/nut-free butter OR 3 T nut-free oil, like olive or vegetable)******
- 1 to 4 T cold water
- olive oil for greasing skillet or baking sheet
- 1 T nutritional yeast (to sprinkle on top)

Food Allergen Substitutions

Kid-Made Crunchy Crackers

Dairy: For 6 oz cheese, substitute 2 T nutritional yeast + 1/2 tsp salt + 1/4 tsp baking powder + 2 to 4 T cold water. For 1/4 C butter, substitute 1/4 C dairy-free/nut-free butter OR 3 T nut-free oil, like olive or vegetable.

Celiac/Gluten/Wheat: For 3/4 C all-purpose flour, substitute 3/4 C gluten-free/nut-free flour.

Instructions

Kid-Made Crunchy Crackers

preheat + grate

Preheat your oven to 375 F. Have your kids grate **6 ounces of Monterey Jack, cheddar, Havarti, or provolone cheese** and set aside.

measure + combine

Have your kids measure **3/4 cup flour, 1/2 teaspoon salt, 2 tablespoons cornmeal, and 1/2 teaspoon garlic powder** in a large mixing bowl and whisk to combine.

measure + stir

Have the kids measure and add **1/4 cup softened butter, 1 to 4 tablespoons cold water**, and the grated cheese to the dry ingredients and stir until the cracker dough forms.

roll + shape

Sprinkle some flour on a cutting board or your clean countertop and roll the dough out to about 1/8 inch thick. Using a kid safe knife, have kids cut the dough into one inch squares or other small shapes. Use the flat end of a wooden skewer or toothpick to poke a small hole in the center of each cracker.

transfer + bake

Carefully transfer the crackers to a lightly oiled or parchment lined baking sheet and lay them out so they do not overlap. You can place them fairly close together; they will puff up, but not spread much. Bake for 15 to 17 minutes or until puffed and edges start to brown.

sprinkle + cool

Sprinkle **1 tablespoon of nutritional yeast** over the tops of the baked crackers. Let them cool completely and then enjoy by themselves or with a spread like **Thyme for Olive Tapenade** or **Fancy French Mushroom Pâté**.

Featured Ingredient: Nutritional Yeast!

Hi! I'm Nutritional Yeast!

"My nickname is "Nooch"! As my name indicates, I'm a healthy food product you can sprinkle on popcorn and other foods to add the flavor of cheese!"

Nutritional yeast is deactivated or dead yeast, usually made from a strain of *Saccharomyces cerevisiae*, the fungi used in baking, brewing, and winemaking. It is primarily used in vegan and vegetarian cooking, often as a substitute for cheese. It comes in the form of yellow flakes, granules, or powder.

To produce nutritional yeast, it is cultured on a medium, such as sugarcane or beet molasses, for several days. Then, it is washed, pasteurized, and heat-dried, which deactivates or kills the yeast. Amino acids are released when the cells die. The deactivated yeast cannot act as a leavening agent.

The nutritional value of brewer's yeast, a byproduct of brewing beer, was discovered by scientists in the early 1900s. Brewer's yeast is cultivated on malted barley wort (the sweet liquid produced from the grain during the brewing process). Although it can also be used as a nutritional supplement, it has a bitter flavor.

Nutritional yeast was first manufactured in 1950 by the Red Star Yeast company. It is cultivated on sugarcane or beet molasses and has a mild cheesy, nutty, and umami flavor. It became more prevalent with the popularity of vegetarian diets in the 1960s and 70s.

Today, nutritional yeast is seen as a boon to plant-based diets. It adds nutrition in the form of protein, fiber,

and many of the B-complex vitamins. It is often fortified with B12. Nutritional yeast contains all nine of the amino acids, making it a complete protein.

Nutritional yeast can be sprinkled on chips, pasta, popcorn, salads, scrambled eggs, and vegetables and can also be an ingredient in mashed potatoes, sauces, soups, and sandwich spreads.