

Serbian Seedy Crackers



Nesa Travka's Seedy Serbian Crackers

I found Serbia's unassuming celebrity chef Nesa Travka in his home turned market, restaurant, and school in the lovely southern city of Nis. Since 1999 he lives on a plant-based diet and creates new versions of classic Serb and Balkan recipes. He served me these crackers along with a cup of tea as we discussed his knack for foraging and creating tasty food from ingredients found in the mountains and valleys. These are easy to make, taste delicious, and are very healthy.

INGREDIENTS

- 1 cup sesame seeds
- 1 cup flax seeds
- 1 cup sunflower seeds
- 1/2 cup flour
- 1/2 cup extra virgin olive oil
- salt
- 1/2 cup wine, beer, or water (maybe a little more)

PREPARATION

- Preheat oven to 350 degrees.
- In a large mixing bowl, combine all ingredients, mixing well. Add additional liquid as needed to gain consistency so that you can form mixture into two-inch square by one quarter to one-half inch crackers.
- Place crackers on a baking sheet lined with parchment paper and bake at 350 degrees for 15 minutes