

Barley Thins:

(recipe adapted from the *King Arthur Flour Whole Grain Baking Cookbook*)

Ingredients:

1 ¼ c. barley flour
1 ½ Tbs. sugar
½ tsp. salt
¼ tsp. paprika
4 Tbs. butter
¼ c. water
¼ tsp. vanilla
salt for topping

Combine the barley flour, sugar, salt and paprika in a medium bowl. Cut in the butter. Add the water and vanilla. Mix well until dough forms.

Divide the dough into fourths. Cover surface with flour and roll out dough as thin as possible. Cut into desired shape and transfer (very carefully!) onto a lightly greased cookie sheet. Sprinkle with salt.

Heat oven to 400°F and cook for 5-10 minutes. It is best to bake one sheet at a time and keep a close eye on them as they cook. The outer crackers (especially if they are from the edges of the dough) cook more quickly and will need to be removed first. Cook to your desired level of golden and crispy.