



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Sandwich Thins (adapted from food.com via Confections of a Foodie Bride)

I meant to follow the directions when I made this, but I didn't actually read them before starting. So I mixed it like a regular bread dough, and it worked just fine.

I doubt wheat bran and vital wheat gluten are crucial to this recipe. If you don't have vital wheat gluten, just use more white flour (or better yet, substitute bread flour, if you have it, for the all-purpose flour). If you don't have wheat bran, substitute more whole wheat flour. Bread is forgiving.

Makes 16

1 egg
1 ¼ cups warm water
2 tablespoons olive oil
2 cups (10 ounces) whole wheat flour
1 cup (4.8 ounces) all-purpose flour
½ cup wheat bran
2 tablespoons vital wheat gluten
2 teaspoons instant yeast
¼ cup (1.75 ounces) sugar
1 teaspoons salt
2 tablespoons rolled oats

1. Stand mixer: In a large measuring cup, lightly beat the egg; whisk in the water and oil. In the bowl of a stand mixer fitted with the dough hook, mix the flours, bran, gluten, yeast, sugar, and salt. With the mixer on low speed, gradually add the liquid ingredients. Continue mixing on medium-low until the dough is elastic and supple, about 8 minutes. You may need to add a little more flour (up to a half cup) or water to get the correct consistency – soft but not sticky.

By hand: In a large measuring cup, lightly beat the egg; whisk in the water and oil. Mix the flours, bran, gluten, yeast, sugar, and salt in a large bowl. Make a well in the middle of the dry ingredients and pour in the liquid ingredients. Stir the mixture until the dough comes together. Transfer the dough to a floured board or countertop and knead, incorporating as little flour as possible, for about 10 minutes, until the dough is elastic and supple. You may need to add a little more flour (up to a half cup) or water to get the correct consistency – soft but not sticky.

2. Transfer the dough to an oiled bowl and cover with plastic wrap or a damp dishtowel. Set the dough aside to rise until it has doubled in volume, about 1½ hours.

3. Line 2 baking sheets with parchment paper or silicone mats. Divide the dough into 16 equal portions. Roll each portion into a ball; then flatten it between your palms. Place it on the baking sheet and press down, working the dough into a thin 5-inch round. Brush the tops with water; sprinkle with rolled oats. Cover with damp kitchen towels and let rise until slightly risen, about 45 minutes.

4. Preheat the oven to 350 degrees. Use the blunt end of a wooden skewer to poke 9 holes in each roll. Bake 12-15 minutes, until puffed and dry on top. Cool completely before slicing.