

Sweet Pepper Crisps

Serves 1 | Active Time: 3 hours | Total Time: 9 hours

Swick

Chef's Notes

This recipe makes 4 to 5 dehydrator trays of crackers OR 36 small or 15 large taco shells.

*Berbere is a spice mix containing hot chiles, fenugreek, ginger and other spices. It is used mostly in the cuisines of Ethiopia, Eritrea and other east African countries. Berbere can be found in specialty groceries and spice shops or ordered online.

Blending the Ingredients

First, gather and prepare your mise en place.

To blend the ingredients, in a food processor, add the flax and almonds and combine until smooth. Remove and place in mixing bowl.

Next, blend remaining ingredients until smooth. Add to the nut/seed mixture and fold together until thoroughly combined .

Step 1: Blending the Ingredients

- 3/4 cup golden flax seeds, ground, then soaked in double amount of water
- 3/4 cup raw almonds, soaked for 2 to 3 hrs until soft, drained
- 1 1/4 cup yellow bell pepper
- 1 shallot, chopped
- 1/4 cup sun-dried tomatoes, soaked and drained
- 1 1/2 tsp chile powder or berbere*
- 1 1/2 tbsp onion granules
- 1 tsp sea salt

Step 2: Dehydrating the Crisps

Set the dehydrator at 115°F (45°C).

Using a non-stick dehydrator sheet and an offset spatula, spread the mixture evenly, less than 1/4-inch thick.

With the spatula, score the size you wish—you may choose to dehydrate for 1 to 2 hours before you score if the batter is too thick.

Dry for 2 to 3 hours, then flip onto another sheet. Remove non-stick sheet and dry for an additional 6 hours or until crisp.

Remove from trays and store in sealed container.

Serve crackers with Almond Herb Paté, caramelized onions and fresh basil leaves.

If making soft taco shells, once flipped onto the screen you may dehydrate for just 1 to 2 hours or until batter is not wet. These are pliable enough to use as raw taco shells.

If crisps are dried a bit too much they can be spritzed with water to restore their pliability.