

Finalised Standard Operating Procedure for Community Partner

Author: Emily Geraghty B.Sc. In Nutraceuticals in Health and Nutrition

Potato Crackers containing Dulse Seaweed

Procedure to Make 500 Crackers – 100 Packs

Materials Required:

- ❖ 1562.5g Potatoes (Approx ten large potatoes)
- ❖ 1562.5g Flour (White, Self raising Flour)
- ❖ 625g of Soya Dairy Free Butter
- ❖ 230g of Sweet Paprika
- ❖ 230g of Sesame Seeds
- ❖ 75g of Dulse (Dillisk Seaweed)
- ❖ Salt to season

Method:

Step 1: Wash the potatoes thoroughly and place in a saucepan of boiling water and let boil for 15 minutes, drain potatoes and let cool.

Step 2: Place the seaweed into a bowl of water for ten minutes.

Step 3: Preheat Oven to 175°C

Step 4: Once potatoes are cooled blend using a hand held blender until competly smooth.

Step 5: Sive the self raising flour, with the saeseme seeds, paprika and a pinch of salt if required.

Step 6: Work the blended potatoes into the mixture.

Step 7: Remove the seaweed from the water, dry using paper towel and cut into small pieces.Mix with the flour and potato mixture.

Step 8: Using a floured suface the dough was knead at least 52 times.

Step 9: Seperate the mixture into 12 sepertate pieces.

Step 10: Roll each of the pieces using a floured roller and cut evenly using a circle or square cutter if possible 1/8- or 1/16-inch thickness.

Step 11: Place each of the separate pieces on parchment paper on a baking tray.

Step 12: Place in oven and cook for ten minutes, remove turn and cook for a further three minutes.

*Crackers may also be prepared without sweet paprika for a blander taste or may be cooked using a different flavouring.