

## Shopping List

### Bulk

Xanthan gum

Sea salt

Ground red pepper (cayenne) - optional

### Grocery

Gluten-free organic cornstarch

Gluten-free potato starch

### Dairy

Sharp cheddar cheese

Cream or whole milk

Butter



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## Gluten-free Cheese Crackers/Straws



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# Gluten-free Cheese Crackers/Straws

## INGREDIENTS

- 4 T unsalted butter, room temperature
  - 1/2 c organic, gluten-free cornstarch
  - 1/3 c gluten-free potato starch
  - 1/4 t xanthan gum
  - Pinch of sea salt
  - 3 T organic cream or whole milk
  - 4 oz organic sharp cheddar cheese, grated (about 1 cup)
- Optional:
- 1/4 t ground red pepper/cayenne

## INSTRUCTIONS

1. Preheat oven to 375°F.
2. In a medium bowl (or in a stand mixer with the paddle attachment) cream the butter until really smooth, about one minute in a stand mixer and about 5 minutes with a hand-held mixer.
3. Mix the xanthan gum, sea salt, and the starches in a bowl.
4. Add dry ingredients to the creamed butter, with the mixer on low. Gradually increase the speed of the mixer until the starch has fully incorporated into the butter. Scraping sides of bowl as needed. The mixture will be crumbly (kind of like powdered Parmesan cheese).
5. Add the cream/milk and mix until dough is smooth.
6. Add the cheese and mix until the dough is smooth and the cheese is fully incorporated. If the dough seems too dry, add more cream/milk by the teaspoon.
7. Roll out or pat the dough to 1/4" thickness on an un-floured surface. If the dough is too sticky to work with then refrigerate it for a few minutes.
8. Cut into thin 4-6" long "straws" and place on a baking sheet lined with parchment paper (or you can grease the sheet).

9. Bake for about 15 minutes, until golden brown.
10. Let cool slightly before moving from baking sheet. Serve at room temperature.

Alternately, you can make cheese crackers:

1. Roll out the dough and move it to your prepared baking sheet.
2. Score the dough into small cracker size and bake for 12-15 minutes.
3. Once the crackers are out of the oven, break them apart for "Cheez-it" type crackers.

The thinner you roll the dough, the crunchier the straws or crackers will be.

For a little flair, twist the straws as you place them on the baking sheet.

