

- Prep Time: 5 Minutes
 - Cook Time: 10-12 Minutes
 - Total Time: 15 Minutes
 - Yield: 12-16 Crisps (depending on size)
 - Cuisine: American / Keto
 - Course: Snack
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Ingredients

To make the perfect crisp, the quality of the cheese matters, but the *type* of cheese matters even more. Hard and semi-hard cheeses work best because they have low moisture content and high fat.

The Base:

- 1 Cup (approx. 4 oz or 113g) Shredded Hard Cheese: We highly recommend Parmesan, Cheddar, Gouda, or a Mexican Blend. (Avoid soft cheeses like mozzarella or brie for this specific recipe, as they spread too thin and burn quickly).

Optional Flavor Boosters (Choose One or Mix):

- 1/2 tsp Garlic Powder
- 1/2 tsp Smoked Paprika
- 1/4 tsp Cayenne Pepper (for a kick)
- 1 tbsp Everything But The Bagel Seasoning

- 1/2 tsp Dried Rosemary or Thyme

Equipment:

- Baking sheet
 - Parchment paper or Silicone Baking Mat (Do not use aluminum foil without grease—the cheese will stick permanently!)
 - Measuring cups
 - Silicone spatula
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Instructions

Step 1: Preheat and Prep (Intensity: Low)

Preheat your oven to 400°F (200°C) . This high heat is essential for the Maillard reaction—the chemical process that gives the cheese its deep, nutty flavor and crispy texture.

While the oven heats, line your baking sheet with a silicone mat or parchment paper. If using parchment, lightly grease it with a non-stick spray or a dab of butter to be extra safe.

Step 2: The Cheese Mixture (Intensity: Low)

Measure out your shredded cheese. If you bought a block, grate it yourself. Pre-shredded cheese often contains cellulose (wood pulp) or potato starch to prevent clumping—this can cause your crisps to be grainy or less crispy.

Place the cheese in a bowl. If you are using garlic powder or paprika, toss it gently with the cheese until evenly coated.

Step 3: Forming the Mounds (Intensity: Medium)

This step determines the shape of your crisp. Using a tablespoon, scoop heaps of cheese onto the prepared baking sheet.

- For “Crackers”: Space them about 2 inches apart. They will spread significantly. Create small, flat mounds.
- For “Taco Shells”: Create larger circles (about 4 inches wide) and leave more space.
- For “Chips”: Create small, thin piles to allow for maximum crispness.

Pro Tip: Do not crowd the pan. If the cheese merges into a giant sheet, you can break it apart later, but it looks much nicer as individual crisps.

Step 4: Baking (Intensity: High)

Place the baking sheet in the center rack of the oven.

Bake for 5 to 8 minutes. Keep a very close eye on them. The difference between “golden perfection” and “burnt bitterness” happens in about 30 seconds. You are looking for the

edges to turn a deep golden brown and the center to stop bubbling.

Step 5: The Cooling Process (Intensity: Low)

Remove the pan from the oven. Do not touch the crisps yet! They are molten hot and extremely flexible at this stage.

If you want a flat cracker, leave them to cool on the pan for 5 minutes.

If you want a curved shape (like a Taco shell), drape the hot crisp over the handle of a wooden spoon or a rolling pin for 60 seconds until rigid.

Step 6: Seasoning and Serving

Once cooled and crispy, you can lightly dust them with a tiny bit of salt (remember, cheese is already salty) or parmesan dust.

Recipe Intensity Level

We classify this recipe as Beginner to Intermediate.

- Skill Required: Low. It requires no kneading, no dough rising, and no advanced techniques.
 - Attention Required: High. Because the cooking time is so short, you cannot walk away from the oven. You must be a “Cheese Watcher.”
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Storage and Lifespan

Because these are essentially pure fat and protein, they are prone to absorbing moisture from the air and going soggy.

- Room Temperature: Store in an airtight container for up to 3 days. Add a silica gel packet (often found in beef jerky) to keep them crunchy.
- Refrigerator: Not recommended, as the humidity will soften them.
- Freezer: Do not freeze. They become crumbly and lose their texture upon thawing.

Revival Tip: If your crisps have gone soft, place them back in a 350°F (175°C) oven for 2–3 minutes to dehydrate them again.

Nutritional Information

Disclaimer: Nutritional values are estimates and will vary based on the specific cheese and quantity used. Calculations below are based on a 1-ounce serving of Cheddar Cheese.

Serving Size: 2 Crisps (approx. 1 oz total)

- Calories: 115 kcal
- Total Fat: 9.5g (Saturated Fat: 6g)

- Total Carbohydrates: 0.4g

- Dietary Fiber: 0g

- Net Carbs: 0.4g

- Protein: 6.5g