

zucchini quiche

Cuisine: French

Food category: Vegetarian dishes



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Program steps

1	Hot air	50 %	Termination by time	00:15 hh:mm	180 °C	70 %	
2	Hot air	50 %	Termination by time	00:10 hh:mm	180 °C	70 %	
3	Hot air	100 %	Termination by time	00:15 hh:mm	180 °C	70 %	
4	Hot air	100 %	Termination by time	00:10 hh:mm	190 °C	70 %	
5	Hot air	0 %	Termination by time	00:10 hh:mm	200 °C	70 %	

Ingredients - number of portions - 10

Name	Value	Unit
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Name	Value	Unit
zucchini	2	pcs
onion	1	pcs
leek	1	pcs
garlic cloves, finely chopped	2	pcs
5 tbsp vegetable oil	20	ml
sheep's cheese	170	g
parmesan cheese	50	g
chicken eggs	2	pcs
crème fraîche	100	g
vine tomatoes	5	pcs
salt	2	g
whole black pepper	2	g
herbs	2	g

Name	Value	Unit
plain wheat flour	140	g
salt	5	g
butter soft	70	g

Directions

Zucchini quiche: a mold with a diameter of 28 cm makes approx. 10 portions. Prepare a shortcrust pastry from the ingredients for the dough, knead everything well and chill for an hour.

Cut zucchini into quarters lengthwise and slice into fine pieces. Grate the second zucchini coarsely. If necessary, reserve a few whole slices and strips for decoration.

Cut the onion and leek into fine rings and cut the garlic into the finest cubes.

Put a little oil in a coated GN container, sauté the onions, leeks, garlic and zucchini in hot air mode at 180°C, 70% fan speed, 50% residual moisture for 15 minutes, stirring briefly in between. Meanwhile, roll out the shortcrust pastry thinly and spread it over the mold and lightly press, pierce the dough and bake blindly for 10 minutes in a preheated combination steamer at 180°C in hot air mode and 70% fan speed.

Grate the sheep's cheese, separate the eggs and beat the egg whites until stiff peak. Mix the sheep's cheese well with the vegetables, egg yolks, herbs, Parmesan and crème fraîche, season and fold in the beaten egg whites. Pour the mixture onto the base and decorate with zucchini and cocktail tomatoes as desired. Then bake as follows: 180 °C hot air mode, 70% fan speed, 100% closed flap valve for 15 minutes //

Name	Value	Unit
chicken eggs	1	pcs
parmesan cheese	30	g
herbs	1	pcs

190 °C hot air mode, 70% fan speed, 100% closed flap valve for 10 minutes //
 200 °C hot air mode, 70% fan speed, 0% (flap valve open) for 10 minutes.

Nutrition and allergens

Allergens: 1, 3, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	213.6 kJ
Carbohydrate	11.1 g
Fat	15.5 g
Protein	7.7 g
Water	0 g