

Sourdough flatbread

Cuisine: **Other**Food category: **Other**Author: **Jaroslav Mikoška**Company: **Retigo**

Program steps

Preheating: 185 °C

1 Hot air 100 % Termination by time 00:10 hh:mm 170 °C 80 %

Ingredients - number of portions - 8

Name	Value	Unit
teff flour	60	g
plain wheat flour	180	g
water	180	g
salt	1	g
5 tbsp vegetable oil	1	g

Nutrition and allergens

Allergens: 1
 Minerals: Cu, Mg, P
 Vitamins: A, C, D, E, K

Nutritional value of one portion	Value
Energy	105.7 kJ
Carbohydrate	21.3 g
Fat	0.7 g
Protein	3.4 g
Water	0 g

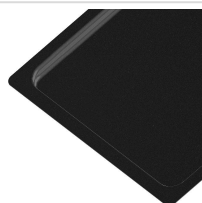
Directions

1. Sift the all-purpose flour and include with the teff flour in a mixing bowl.
2. Add in the water slowly while mixing.
3. Allow to ferment for three days.
4. Stir in the salt.
5. Cook the batter on a very hot non-stick GN container in very much the same way as making pancakes, only thicker.

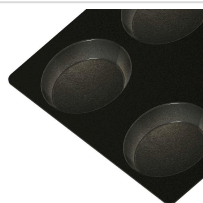
Recommended accessories



Vision Pan



Vision Bake



Vision Snack