

# Sourdough flatbread

Cuisine: **Other**  
Food category: **Other**



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## 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