

Raw delicious tarte flambée

Cuisine: **German**
Food category: **Vegan dishes**



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Program steps

1


Die Teiglinge am geschlossene AMT-Backplatte dörren lassen bei max. 42°C




Hot air



0 %




Termination by time




12:00


hh:mm



42 °C




40 %




2


Buchweizen über Nacht trocken lassen




Hot air



0 %




Termination by time




08:00


hh:mm



42 °C



40 %



Ingredients - number of portions - 6		
Name	Value	Unit
sprouted buckwheat flour	350	g
psyllium husks	14	g
water	350	ml
rock salt	2	pcs

Name	Value	Unit
rock salt	0.5	pcs
garlic cloves, finely chopped	0.5	pcs
peeled hemp seeds	50	g
lime juice	3	ml
olive oil	1	pcs
fresh tea leaves (two leaves and a bud)	20	g
young nettle leaves	50	g

Name	Value	Unit
calcium algae	4	g
yoghurt ferment, raw and vegan	2.5	g
water	200	ml
irish moss	8	g
sunflower seeds	130	g
peeled hemp seeds	70	g
lime juice	1	pcs
rock salt	1	pcs

Nutrition and allergens

Directions

Put everything together in a food processor and let it knead for 5 minutes. Then let the dough rest for 10 minutes. Divide the dough into 4 equal parts and roll them out relatively thinly. Place the tarte flambée dough pieces on perforated, Lotan®-coated baking plates so that they do not stick. Another advantage is that there is no need for baking paper.

A perforated baking plate shortens the drying time by approx. 30%.

Place the dough pieces in the combi oven and let them dry at a maximum of 42°C with the lowest fan speed and the humidity flap valve fully open for:

perforated AMT baking plate with Lotan® coating - approx. 8.5 hours / closed AMT baking plate with Lotan® coating - approx. 12 hours.

Sprouted buckwheat flour: Soak buckwheat in water overnight. The next day, rinse well, put in a germination jar and let germinate for about 3 days. Leave the germinated buckwheat to dry overnight at a maximum of approx. 42°C, analogous to the device setting above. Now process the dried, sprouted buckwheat into flour using a high-performance mixer. This flour will last for a few months if stored in a dark and dry place.

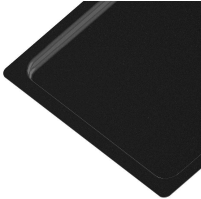
Stinging nettle pesto: cut the leaves into small pieces, then process everything in a mortar to make a pesto.

Topping: Spring onions, Chinese cabbage, romaine lettuce, celery stalks, cherry tomatoes, peppers, basil, nettle pestle, dulse flakes, garlic cress, borage cress.

Allergens:
Minerals: Ca, Fe, K, Mg
Vitamins: A, D, E, K

Nutritional value of one portion	Value
Energy	468.5 kJ
Carbohydrate	40.9 g
Fat	22.9 g
Protein	20.1 g
Water	0 g

Recommended accessories



Vision Bake