

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

Ingredients - number of portions - 10

Name	Value	Unit
zucchini	2	pcs
onion	1	pcs
leek	1	pcs
cloves garlic, finely chopped	2	pcs
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	70	g
chicken eggs	1	pcs
parmesan cheese	30	g
herbs	1	pcs

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

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.

Quarter a zucchini lengthwise and cut 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 cover a mold with it, 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. 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% residual moisture (water damper closed) for 15 minutes //

190 °C hot air mode, 70% fan speed, 100% residual moisture (water flap closed) for 10 minutes //

200 °C hot air mode, 70% fan speed, 0% residual moisture (vapor flap open) for 10 minutes.

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