

# Sourdough flatbread

Cuisine: Other  
Food category: Other



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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
vegetable oil	1	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.

## 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

## Recommended accessories



Vision Pan



Vision Bake



Vision Snack