Raw delicious tarte flambée

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

Author: Retigo Team Deutschland
Company: RETIGO Deutschland GmbH

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
cloves garlic, 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 (can be vaccinated up to 4 times)	2.5	g
water	200	ml
irish moss	8	g
sunflower seeds	130	g
peeled hemp seeds	70	g
lemon juice	1	pcs
rock salt	1	pcs

Nutrition and allergens

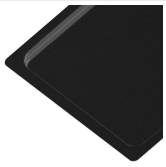
Allergens:
Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, D, E, K, Kyselina listová

Directions

Put everything together in a food processor with a stop bowl 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 combination steamer and let them dry at a maximum of 42°C with the lowest fan speed and the steam flap 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.

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