



B.PRO

Puff pastry cigars with olive cream

Ingredients:

200 g soft cheese in brine
(e.g. from Turkish speciality store)
3 tbsp chopped parsley
Pepper, ground sweet paprika
300 g fresh puff pastry or wheat flour dough
1 egg

Baking paper

Wheat flatbread:

250 g wheat flour type 405
1/2 tsp salt
6 tbsp milk, 1.5% fat
5 tbsp water

Olive cream:

2 pressed garlic cloves
1/2 tsp iodine salt
3 tbsp chopped parsley
4 pots of natural yoghurt
200 g quark, 40% fat
100 g olives
2 tbsp extra virgin olive oil
Pepper

Accessories:

Multi-element
Ceran hob
Griddle

Preparation:

Mash the cheese with a fork on a plate and mix with the parsley and spices.

Flatbread preparation:

Mix the flour and salt together in a bowl. Heat the water and milk and gradually knead into the flour until a smooth dough is formed. On a work surface dusted with flour, roll out four even-sized pieces of dough into thin circles. Fry the flatbread in a coated pan, turning several times. Cut in half, spread with the cheese mixture and roll up.

Puff pastry alternative:

Cut the puff pastry into squares, slice into 2 triangles and roll out until thin. Separate the egg. Brush the edges of the dough with the whisked egg white. Spread the cheese mixture along the wide edge of the dough and roll up to the tip to form cigar shapes. Lightly pinch the ends of the dough to close. Brush with the whisked egg yolk. Bake on the griddle at 200 °C. Cover the griddle with a GN tray. For the olive cream, add the ingredients to a bowl and use an electric whisk to mix into a smooth cream.

Notes:

Preparation time: approx. 35 mins / difficulty level:
medium / calories p.p.: approx. 720

Powered by:



878 g CO₂ per person

45 % LESS CO₂ than the average when preparing this recipe.

More info on this recipe at Eaternity: www.eaternity.org