

# 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    |
| 5 tbsp vegetable oil                 | 1     | g    |

| 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      |

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.

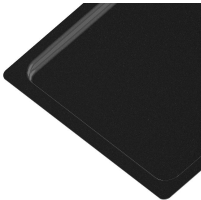
4. Stir in the salt.

5. Cook the batter on a very hot non-stick GN container in very much the same way as making pancakes, only thicker.

## Recommended accessories



Vision Pan



Vision Bake



Vision Snack