

Recipe

ALSACIAN TARTE FLAMBÉE WITH PEAR, WALNUT, GOAT CHEESE AND THYME

ALSACIAN TARTE FLAMBÉE

with pear, walnuts, goat cheese, thyme

Recipe: CALIFORNIA WALNUT COMMISSION

INGREDIENTS

FOR THE DOUGH

- 250 g wheat flour
- 100 g whole wheat flour or lupine flour
- 1 tsp salt
- 2 tbsp rapeseed oil
- About 180 ml water
- Or ready-made tarte flambée pastry if you're in a rush



TIME

Preparation time: 15 minutes
Proving time: 30 minutes
Baking time: 15-20 minutes



SERVING

4 people



CATEGORY

Main course



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- STEP 1** Thoroughly knead water, salt and oil. Let rest for about 30 minutes. The dough should be slightly sticky but not too moist.
- STEP 2** Preheat oven to 240°C (Fan: 215 °C, Gas: Level 5).
- STEP 3** Roll out the dough and put it on a baking sheet covered with parchment paper.
- STEP 4** Spread the sour cream on the dough, leaving a small crust around the outside. Wash, core and thinly slice the pear and evenly spread it. Tear the ham into small pieces and drape it over the fruit. Roughly chop the walnuts and add.
- STEP 5** Crumble the goat cheese over the top and season with pepper and thyme. Bake for 15-20 minutes or until brown and crispy.
- STEP 6** Drip the honey over the baked tarte flambée and serve immediately.

FOR THE TOPPINGS

200 g sour cream
200 g creamy goat cheese
3-4 pears
12 Californian walnuts
100 g Serrano ham
Pepper
1 tsp thyme, chopped (substitute for
dried if necessary)
1-2 tbsp honey, liquid

ROUGH NUTRITIONAL FACTS PER SERVING:

Energy 849 kcal
Protein 25,7 g
Carbohydrates 83,3 g
Fat 44,3 g
Of which
saturated fats 17,8 g
unsaturated fats 26,5 g