

# Aromatische glutenfreie Teff-Fladen

## ZUTATEN FÜR

### Ingredients for around 4 flatbreads (crispy, thin and from the pan):

75g teff flour 75g buckwheat flour 2 TBSP potato flour ¼ tsp salt 100ml water ¼ tsp baking powder 1 tsp high quality olive oil a little flour for the worktop high quality olive oil for the coat

### Ingredients for one baking sheet (variation from the oven):

200g teff flour 50g buckwheat flour a little flour for the worktop 1 cube of fresh yeast 1 tsp salt 200ml lukewarm water 30g margarine or coconut oil

### Topping:

Beetroot dip or houmous (or any other type of spread) Fresh cress or other herbs to taste 1 yellow bell pepper 1 avocado 1/2 pumpkin (around 300g) 1 beetroot, boiled 1 tsp honey 2 TBSP sesame 2 TBSP olive oil for the oven vegetables 1 handful cherry tomatoes Lettuce to taste a little olive oil for the coats salt and pepper

## ZUBEREITUNG

### Crispy, thin flatbreads from the pan

1. Bring water to the boil. Mix the teff, buckwheat and potato flour in a big bowl with the salt and baking powder. Then add olive oil and warm water and mix thoroughly, then knead to a dough.
2. Dust the worktop with some flour and roll out the dough thinly into a circle shape with a rolling pin - this works best if you keep it between two layers of clingfilm. Keep the dough consistently moist.
3. Brush some olive oil on one side of the dough, put in a pre-heated pan and fry for around a minute over a medium heat.
4. Wash the bell pepper and cut into thin strips. Halve the avocado, remove the stone and cut into small cubes. Halve the cherry tomatoes. Wash the lettuce, spin dry and shred into small pieces. Spread some beetroot dip or houmous onto the flatbread and top with the rest of the vegetables. Sprinkle with olive oil and add salt and pepper to taste. Finally, top with fresh cress.

### Oven flatbread

1. Hefe im lauwarmen Wasser auflösen. Zutaten in eine Küchenmaschine geben und den Teig ca. 7 Minuten verrühren. Bei Bedarf etwas mehr Wasser oder Mehl hinzugeben. Man kann den Teig auch mit einem Handrührgerät vermischen.
2. Teig in eine Schüssel geben, zudecken und an einem warmen Ort ca. 30-45 Minuten gehen lassen.
3. Backofen auf 180°C Umluft (200°C Ober-/Unterhitze) erhitzen. Arbeitsfläche mit Mehl bestäuben und Teig mit einem Nudelholz flach wie ein Pizzateig ausrollen. Teig in den vorgeheizten Ofen geben und ca. 30-35 Minuten backen.
4. Mit den genannten Zutaten belegen bzw. gemeinsam servieren.



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