

heute gibt es...

Vegetarian vegetable tart



Ingredients: (Tart tin, 22cm in diameter)

- 250g Mehl
- 3 eggs
- 160g weiche Butter
- 2 small zucchini
- 200g Cocktailtomaten
- 150g broccoli florets
- 200g saure Sahne
- 2 tablespoons whipping cream
- 150g goats cheese (Character)
- Salt, pepper, nutmeg
- a little butter to grease the dish

Preparation:

1. Flour, one egg, butter and a pinch of salt knead to a smooth dough with the dough hook the mixing machine / food processor, with your hands into a ball and place it wrapped in plastic wrap for 30 minutes in the refrigerator.
2. Meanwhile, wash and clean zucchini, tomatoes and broccoli. Cut the zucchini into thin slices and halve the tomatoes. Blanch the broccoli in boiling salted water for two minutes, then remove, cold deter and drain well.
3. Beat the remaining two eggs with sour cream and whipped cream and season with salt, pepper and nutmeg.
4. The tart tin with butter. Put the dough on the floured surface roll out slightly larger than the shape and then lining it. It should protrude over the edge 2cm form dough.
5. Use a fork to prick the bottom several times and then pour the cream and egg mixture to this. Spread the zucchini slices evenly on it, give the sliced goat cheese and tomatoes on it and sprinkle the broccoli florets to the end. The whole thing now season well with salt and pepper.
6. Finally, the excess dough crust to the center and turn the tart in a preheated oven at 160 ° C forced air (or 180 ° C top / bottom heat) until golden brown for 30-45 minutes.Attention: According to the original recipe, baking time is 25-30 minutes. For me, the tart was almost an hour in the oven. Keep your eye on so tart and adjusts the cooking time if necessary your oven an.Sobald is reached the desired degree of browning, remove the tart from the oven, allow to cool briefly and serve.



