

Tapenades and oat crackers

Description

Trio of tapenades (green, black, red) with salt-free oat-almond crackers



Yield

50 pieces 1 cracker with approx. 10 g tapenade



Scheduling

Preparation: 40 minutes
Baking time: 15 minutes/180°C



Nutritional values (100 g or 100 ml)

energy: 694 kJ/166 kcal;
fat: 16 g, of which saturated 1.9 g;
carbohydrates: 2.2 g, of which sugars 0.7 g;
protein: 2.4 g; salt 2.7 g

Ingredients

Green tapenade (1'013 g)

735 g olives, green, pitted

10 g anchovy fillets

20 g garlic

100 g capers in vinegar, drained

18 g lemon zest, grated

55 g lemon juice

75 g pine nuts

Red tapenade (1'025 g)

400 g sun-dried tomatoes in oil, drained

400 g peppers, red, roasted or braised

100 g onions

23 g garlic

100 g extra virgin olive oil

2 g pepper, black, ground

Black tapenade (1'006 g)

820 g olives, black, pitted

12 g anchovy fillets

16 g garlic

80 g capers in vinegar, drained

16 g lemon zest, grated

60 g lemon juice

2 g marjoram leaves, fresh

Oat crackers (703 g)

250 g oat flakes, finely rolled

250 g almonds, white, ground

3 g pepper, black, coarsely ground

1 g cayenne pepper, ground

4 g psyllium husks, ground

195 g orange juice

Note: Water or another unsweetened liquid can be used instead of orange juice. Orange juice, however, gives the crackers a pleasant sweetness that pairs well with the savory tapenades.

Production

1

Green tapenade

Slice the garlic finely. Then, place it together with the remaining ingredients into a blender and process to the desired consistency. Store the tapenade in a cool place, but bring it to room temperature before serving.

Note: The quality of a tapenade largely depends on the ingredients used. High-quality olives and carefully selected Mediterranean ingredients form the basis of a convincing flavor. Additional salt is not necessary, as olives, capers and anchovy fillets already provide enough salt.

2

Black tapenade

Blend all ingredients in a mixer to a fine or coarse paste, depending on your preferred texture. Store the finished tapenade in a cool place and bring it to room temperature before consuming.

3

Red tapenade

Roughly chop the tomatoes and peppers. Depending on the power of your blender, chop the onions and garlic beforehand to achieve a more uniform result. Then blend all ingredients into a smooth paste.

Note: The texture of the tapenade can be varied from coarse to creamy according to taste.

4

Dough for oat crackers

If necessary, finely grind the oats using a grain roller or food processor. Mix the rolled oats, almonds, pepper, cayenne pepper and psyllium husks well in a large bowl. Add the orange juice and knead everything into a uniform, shortcrust-like dough. The dough should not be too moist.

5

Cutting out

Roll out the dough on a lightly floured work surface immediately after kneading. Flatten if necessary. Cut out shapes using pastry cutters of your choice.

Note: If the dough is chilled before rolling out, it may become a little stiff. In this case, add a little extra liquid before continuing.

6

Baking

Place the cut-out shapes on a baking tray lined with parchment paper and bake at 180°C (convection oven) for about 15 minutes until golden brown.