

Oriental crunchy snack

Description

Veggie bites with herbed cream cheese



Yield

20 pieces of 78 g



Scheduling

Preparation: 35 minutes
Rest period: 120 minutes
Baking time: 15 minutes/180°C dropping, circulating air



Nutritional values (100 g or 100 ml)

energy: 1'120 kJ/268 kcal;
fat: 14 g, of which saturated 4.5 g;
carbohydrates: 25 g, of which sugars 1.7 g;
protein: 9.1 g; salt 1.5 g

Ingredients

Filo pastry (755 g)

300 g	wheat flour 400
200 g	pure spelt flour 720
225 g	water
20 g	rapeseed oil <i>add gradually after mixing for 1 minute</i>
10 g	table salt <i>add towards the end of the mixing time and knead the dough until an extensive gluten structure is built</i>

Dough rest: Allow to rest for 2 hours at room temperature. This dough dries out very quickly. Therefore, always cover the dough with plastic wrap when not in use.

Vegetable cream cheese filling (802 g)

10 g	olive oil
55 g	onions, chopped <i>sauté</i>
135 g	spinach, frozen, chopped <i>defrost, drain</i>
150 g	eggplant purée
140 g	zucchini <i>finely diced</i>
170 g	goat cream cheese
110 g	cream cheese
12 g	basil leaves, chopped
7 g	peppermint leaves, chopped
8 g	table salt
5 g	tabasco, red

For the eggplant purée, use 200 g eggplant, remove the stem and cut the eggplant in half lengthwise. Place them cut-side down on trays lined with parchment paper and roast in a low oven until tender. Then peel and remove the skin. Purée the eggplant and use immediately or divide into portions and store in the freezer.

Ingredients (330 g)

40 g	butter, liquid
50 g	fine semolina (for dusting)
80 g	egg wash
160 g	pistachio kernels, coarsely ground

Production

1

Filling

Heat olive oil in a frying pan, sauté chopped onions and briefly sauté spinach. Add remaining ingredients and mix everything together. Process immediately. The mixture is suitable for freezing.

2

Layering and cutting the filo pastry

Divide the dough into three equal pieces. Roll out the first piece to 0.2 mm and brush thinly with melted butter. Then roll out the second piece of dough and place it on top of the prepared dough without trapping any air. Brush with melted butter again and roll out the last layer of dough on top.

Cut the layered filo pastry into 12x12 cm squares with a sharp knife. Brush the middle of the squares (except for the edges) with egg wash.

3

Portioning the filling

Portion 40 g of vegetable cream cheese filling onto each square.

4

Processing

Fold two corners diagonally upwards and press them together over the filling, then do the same with the other two corners. It is important not to press the edges themselves so that the layers can unfold properly during baking.

5

Baking preparation

Brush all four sides with egg, sprinkle with coarsely ground pistachios and place the dough pieces on trays lined with silicone paper.

6

Baking

Bake the snacks in a mild convection oven at a dropping temperature until they are golden brown and crispy.