

Shakshuka tartlet

Description

Wheat dough with tomato-red pepper filling and fried egg



Yield

60 pieces of 150 g



Scheduling

Preparation: 40 minutes

Proofing: 100 minutes

Baking time: 24 minutes/210°C dropping



Nutritional values (100 g or 100 ml)

energy: 738 kJ/176 kcal;

fat: 6.5 g, of which saturated 1.5 g;

carbohydrates: 22 g, of which sugars 1.7 g;

protein: 6.9 g; salt 0.7 g

Ingredients

White bread dough (4'200 g)

2'450 g	wheat flour 400
1'400 g	water
20 g	sugar <i>dissolve in water</i>
130 g	baker's yeast
25 g	emulsifier baking agent
70 g	rapeseed oil <i>add gradually after 2 minutes</i>
65 g	butter <i>add gradually after a further 2 minutes</i>
40 g	table salt <i>add towards the end of the mixing time and knead the dough until an extensive gluten structure is built</i>

Proofing: 75–90 minutes

Shakshuka filling (4'872 g)

285 g	olive oil
70 g	garlic, finely chopped
2'380 g	tomatoes, peeled, roughly diced
1'520 g	bell pepper, red <i>cut into 3 cm sticks</i>
25 g	table salt
12 g	ground black pepper
30 g	paprika powder, mild
50 g	basil, fresh, chopped
500 g	tomato purée

Additional ingredients (2'700 g)

2'400 g	eggs (60, small)
300 g	fine semolina (for rolling out)

Production

1

Filling

Heat the olive oil and lightly sauté the finely chopped garlic. Add the tomatoes and bell peppers and cook on high heat for about 5 minutes. Season and simmer on low heat for about 20 minutes. Finally, mix in the chopped basil leaves and tomato purée. Allow to cool slightly.

2

Processing

Weigh out 2'100 g of the mixture and shape round. Roll out to a thickness of approx. 1.5 mm and place in greased, round aluminum molds (11 cm Ø, 1.5 cm high). Pull out the corners on two sides so that it looks like a small pan.
Piece proofing: Leave to proof at room temperature for 10–15 minutes.

3

Baking preparation

Press down lightly on the bases with your fingertips, then add 60 g of filling to each and use a spoon to make a well for the egg.

4

Baking

Load into a medium-hot oven with a little steam and bake for about 12 minutes until half done.

5

Finishing

Crack an egg (40–50 g) into the indentation and bake for another 12 minutes until the egg has set.

Tip: If the shakshuka is not going to be eaten immediately, it is best to leave the last step until just before serving and keep the tartlets pre-baked. Otherwise, the surface of the egg will dry out.