Siesta sandwich

Description
Pure spelt bread filled with yogurt and cucumber spread, beef and peppers

Yield
20 pieces of 180 g

Scheduling
Preparation: 65 minutes
Proofing: 15 hours
Baking time: 14 minutes/250°C dropping

Nutritional values (100 g or 100 ml)
energy: 607 kJ/145 kcal;
fat: 4.6 g, of which saturated 1.6 g;
carbohydrates: 17 g, of which sugars 1.9 g;
protein: 9 g; salt 1.2 g

Ingredients

Starter dough (811 g)

240 g	pure spelt flour 720
140 g	rye meal, fine
285 g	water
145 g	plain yogurt
1 g	baker's yeast

Ingredients for flatbread (65 g)

40 g	pure spelt flour 720 (for processing and dusting)
25 g	fine rye meal (for rolling out)

Continue with ingredients (1'234 g)

350 g	Piemientos de Padron, prepared, cored and halved
45 g	olive oil
800 g	beef patties, à la minute *sauté briefly*
14 g	table salt
5 g	black ground pepper
20 g	peppermint leaves

Pure spelt and rye flatbread (1'750 g)

570 g	pure spelt flour 720
285 g	water
811 g	starter dough
8 g	baker's yeast
16 g	sugar *dissolve in water*
40 g	olive oil *add gradually after 2 minutes*
20 g	table salt *add gradually after 7 minutes*

If the dough has not yet reached the desired elasticity after the mixing phase, knead briefly and gently on the fast setting.
Proofing: 120 minutes

Yogurt-cucumber spread (1'000 g)

170 g	plain cottage cheese
280 g	yogurt, Greek style
500 g	cucumbers Nostrano *grate coarsely*
30 g	garlic, black
8 g	table salt
12 g	psyllium husks, ground

Production

1

Starter dough

Mix all ingredients for 5 minutes, cover and leave to ferment at room temperature for 12-15 hours.

2

Processing

Weigh 350 g pieces of dough and shape them into rounds. Leave to relax for a few minutes, then roll out to a size of 22 cm Ø (on rye meal). Set down on loading devices, dust the surface slightly with pure spelt flour and leave to proof.

3

Baking

Load into a hot oven with steam and bake the bread until golden brown.

4

Yogurt-cucumber spread

Grind the black (fermented) garlic into a paste with a spatula or mortar. Mix in the Greek yogurt, cottage cheese and salt. Coarsely grate the Nostrano cucumber and add. Add the ground psyllium husks at the end to bind the mixture. Process immediately.

5

Fried pimientos

Briefly sauté the peppers in olive oil and lightly salt them.
Note: Pimientos de Padrón are also known by the name of fried peppers. They originally come from the Spanish town of Padrón in Galicia. The dish of the same name is served as tapas in Spain. The peppers are harvested when unripe and green. They are similar in shape and size to jalapeños, but have thinner skins and are much milder.

6

Finishing

Cut the bread crosswise into quarters and slice horizontally. Top each quarter with 50 g of yogurt-cucumber spread, add 40 g fried beef patties in strips, 20 g fried piemientos and about 3 peppermint leaves.