

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

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

Ingredients for flatbread (65 g)

40 g pure spelt flour 720
(for processing and dusting)

25 g fine rye meal
(for rolling out)

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

Continue with ingredients (1'234 g)

350 g Pimientos 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

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 pimientos and about 3 peppermint leaves.