

nøgg

No Egg.
But Plants.

Simply. **Hearty.**

Vegetable tart.

Preparation

- 1 Put all the ingredients for the dough in a bowl and knead for 5 minutes until you have a smooth dough. Cover the dough and put aside to rest in the refrigerator for 30 – 60 minutes.
- 2 Meanwhile, wash the romanescos and bell pepper and cut them into pieces. Grate the carrots and peel and quarter the onions. Sauté the vegetables in a pan with a dash of vegetable oil for 10 minutes at medium heat. Season with salt to taste. Then place them in a sieve and allow the excess liquid to drain well.
- 3 For the filling, mix the nøgg, the vegan cream and the steamed vegetables. Season with salt, pepper and nutmeg to taste.
- 4 Remove the dough from the fridge and roll it out. Then place it in the prepared tart tin and form a border.
- 5 Add the steamed vegetables and the filling layer after layer onto the dough and bake the tart:

in an oven

180°C (top/bottom heat), 45 minutes (preheated)

in the combi-steamer

130°C (dry heat), 30 minutes (preheated)

The preparation time always depends on the type of cooking appliance used and its heat output.



Ingredients for 1 Tart

Base

- 250g wheat (type 550) or spelt flour
- 100g margarine
- 100g water
- 2g salt

Filling

- 200g **nøgg liquid**
- 200g cream (vegan)
- 50g romanescos, chopped
- 50g bell pepper, in pieces
- 70g carrots, grated
- 80g red onions, chopeed
- season with salt, pepper, nutmeg to taste

Tart form

25x11x2,2cm



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