Corn crispbread | Hummus | Bell pepper

Recipe by V-ZUG Ltd.



Preparation	
Cooking time	
Piece	50

Creamy corn hummus, sweet roasted peppers and crisp corn crispbread come together in a wonderfully aromatic combination with delicate roasted flavours and a fresh hint of lemon.

Baking paper

Hand mixer

Piping bag

Corn crispbread

200 g corn flour

100 g plain flour

10 g salt

150 ml water, cold

40 ml olive oil

Corn hummus

1 tbsp olive oil

200 g sweetcorn kernels from the tin, drained

¼ tsp salt

240 g chickpeas from the tin, drained

½ lemon, zest and juice

1 clove of garlic

½ tsp cumin powder

4 small ice cubes, 50 g

3 tbsp tahini

¼ tsp salt

a little locust bean gum for thickening

Bell pepper

3 yellow peppers

a little olive oil

To Serve

a little fleur de sel

Corn crispbread

Mix the cornflour, plain flour and salt in a bowl. Add the water and olive oil, then mix to form a smooth, slightly sticky dough. Leave the dough rest for approx. 10 minutes. Preheat the cooking space with hot air to 150 °C. Roll the dough out to a thickness of 2 mm between two sheets of baking paper and place it on a baking tray, still between the baking paper. Slide the baking tray into the cooking space and bake for 20 minutes. Remove the top baking paper and bake for a further 15 minutes.

(Pre-)heat cooking space to 150 °C with Hot air

Preheating completed. Insert the baking tray.

Hot air 150 °C for 20 Mins

Remove the top baking paper.

Hot air 150 °C for 15 Mins

Corn hummus

Heat olive oil in a frying pan. Add the sweetcorn kernels and salt and fry for approx. 5 minutes, stirring, until the released liquid has evaporated. Allow to cool completely. Place the chickpeas, sweetcorn and all the ingredients up to and including the ice cubes into a blender and purée until smooth. Add the tahini and blend again. Season to taste with salt. If the hummus is too runny, add a little locust bean gum and blend again. Transfer the hummus into a piping bag and refrigerate until ready to serve.

Roasted peppers

Preheat the cooking space with grill on setting 4 (highest setting). Place the whole peppers in a bowl, season with salt and olive oil, then arrange on a baking tray lined with baking paper and insert into the cooking space. Roast for approx. 20 minutes, turning occasionally, until the skins are blistered and blackened all over. Remove the peppers from the cooking space, place them in a large bowl, cover and leave to rest for approx. 10 minutes. Peel off the skin, remove the seeds and core, cut the peppers into pieces approx. 2.5 cm in size.

(no pause)

(Pre-)heat space to level 4 with Grill

Preheating completed. Insert cookware.

Grill level 4 for 20 Mins

To Serve

Break the corn crispbread into pieces of approx. 5 cm. Pipe the sweetcorn hummus on top of each piece. Garnish with the roasted peppers. Sprinkle with a little fleur de sel.

Tips

This recipe makes one baking tray of crispbread. Broken into pieces of approx. 5 cm, it makes approximately 50 pieces.

Accessories

Baking tray

Additional information

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