Asparagus flan

מתכון מאת V-ZUG Ltd.



Preparation	20 Mins
Cooking time	45 Mins
מנות	8
התקן	Combair SEP from 2015

Preparation

500 g Asparagus, green

100 g air-dried ham

Peel the bottom third of the asparagus and cut off the ends. Cut the asparagus into pieces about 3 cm longs. Cut the air-dried ham into strips.

(Pre-)heat cooking space to 180 °C with PizzaPlus

2 eggs

250 ml single cream

100 g Gruyère, grated

Salt

Pepper, ground

Nutmeg, grated

For the filling, whisk the eggs, stir in the single cream and Gruyère, then season with salt, pepper and nutmeg to taste.

1 shortcrust pastry, rolled-out round

Cover the round baking tray with baking paper and put the pastry on it. Prick it several times with a fork. Put the asparagus and ham in the pastry case and pour over the filling.

Put the round baking tray on to the wire shelf in the preheated cooking space. Bake.

Put the pastry in

PizzaPlus 180 °C for 45 Mins

אביזרים

Round TopClean baking tray, ø29 cm

Wire shelf

מידע נוסף

הופק ביום	11.12.2019