



Japanese toast with barley grass and chive and ricotta cream



Preparation	30 Mins
Resting time	8 Hrs 30 Mins
Cooking time	35 Mins
Piece	1
Appliance	Combair V2000 from 2021

The Japanese toast is complemented by the green freshness of barley grass. Crispy on the outside, fluffy on the inside, it is served with an intense chive and ricotta cream and micro greens – a harmonious interplay of green on green.

Tangzhong cooked piece

40 g white flour
200 ml water

Dough

500 g white flour
50 g sugar
2 tsp salt (approx. 12 g)
20 g barley grass powder
½ cube yeast (approx. 20 g), crumbled
220 ml milk
1 egg
50 g butter, in pieces

Chive and ricotta cream

50 g chives
Salt water for blanching
250 g ricotta di bufala
50 g mascarpone
1 lemon, grated zest only





a little salt

a little pepper

Serving the dish

micro greens

Tangzhong cooked piece

Combine the flour and water in a small pan, bring to the boil over a medium heat, stirring, and simmer for approx. 2 minutes until a sticky consistency is formed. Transfer the cooked piece to a bowl, cover and leave to cool. Refrigerate for at least 6 hours or overnight.

Dough

Mix the flour, sugar, salt and barley grass powder in the bowl of a food processor, add the yeast and mix. Pour in the milk, add the egg, butter and the cooked piece, knead into a soft, smooth dough for approx. 10 minutes using the kneading hoe of the food processor. Shape the dough into a ball, place in a lightly greased bowl, cover and leave to rise at room temperature for approx. 1½ hours until doubled in size.

Toast bread

Pour the dough into the prepared toast tin, cover and leave to rise for approx. 1 hour. Preheat the cooking chamber to 180 °C with hot air. Place the tin with the lid on a wire shelf in the preheated cooking chamber and bake for approx. 35 minutes. Remove and leave to cool on a wire rack.

Hot air 180 °C for 35 Mins

Chive and ricotta cream

Blanch the chives in boiling salted water for approx. 10 seconds, immediately place in ice-cold water, drain, squeeze out, finely chop and place in a blender. Add the ricotta, mascarpone and lemon zest, puree finely for approx. 3 minutes, pass through a fine sieve, season to taste with salt and pepper. Pour the cream into a piping bag and chill until ready to serve.

Serving the dish

Cut an initial thin slice off the toast bread, then cut 6 slices approx. 3 cm thick, cutting two thin crusts off each slice. Toast the bread slices on both sides in a frying pan. Cut the slices of bread into thirds so that each piece has a crust at the top and bottom. Place the toast sticks on a plate. Pipe the chive and ricotta cream on top and spread some micro greens on top.





Accessories

Toast tin with lid (approx. 37 cm), greased

Wire shelf

