



BUCKWHEAT TURNOVERS FILLED WITH BUFFALO RICOTTA FONDUE ASPARAGUS RAGOUT (ROCKET PESTO ALTERNATIVE) / SMOKED HAM / SCHÜTTELBROT CRUMBLE

Ein Rezept von GOURMET la fleur

Ingredients

Buckwheat dough

- 200 g buckwheat flour
- 300 g wheat flour
- 7.5 egg yolks 150 ml
- 3 whole eggs 150 g
- 1 tbsp cold-pressed olive oil

Buffalo ricotta fondue

- 300 g buffalo ricotta
- 100 ml fresh milk
- 3 egg yolks 60 g
- Arrowroot powder or cornflour for thickening

Preparation

Buckwheat dough:

Put the buckwheat and wheat flour in the food processor (dough hook) and mix slowly.

Little by little add the egg yolk, eggs and olive oil whilst stirring continuously until a smooth dough is formed.

Leave the dough to rest for several hours.

Buffalo ricotta fondue:

Gently warm the buffalo ricotta and fresh milk in a pan.

Add the egg yolk to the lukewarm mixture. Heat to 82 °C, stirring continuously.

Season the mixture and if necessary thicken with a little

- Fleur de sel to taste as desired

Asparagus ragout

- 400 g peeled asparagus
- 1/4 lemon
- Small piece of stale bread
- 100 ml vegetable stock
- 50 g chilled butter
- Fleur de sel to taste

Rocket pesto alternative

- 50 g rocket
- 35 g toasted pine nuts (cooled)
- 40 g Parmesan (grated)
- 200 ml olive oil

starch.

Leave the fondue to cool.

Thinly roll out the buckwheat dough, spread the buffalo ricotta fondue on the dough and cut out half-moon shapes.

Asparagus ragout:

Boil the asparagus in water with the lemon and stale bread (the lemon and bread draw the bitter compounds out of the asparagus).

Cut the asparagus into small cubes, add the vegetable stock and reduce down by half.

Add cold knobs of butter so that the stock adheres to the asparagus, season to taste.

Rocket pesto alternative:

Briefly but vigorously mix together the rocket and toasted pine nuts. If you mix for too long, the pesto will lose its colour. Quickly stir in the olive oil to produce a cohesive mixture. Lastly add the Parmesan to the pesto.

Finishing:

Cook the buckwheat turnovers for 3-4 minutes, put on a plate and add the asparagus ragout.

Garnish the turnovers with the smoked ham in the form of fresh slices or slightly browned juliennes together with the ground Schüttelbrot.