



CAULIFLOWER FLAMMKUCHEN

Prep: 1h – Makes 2 tarts of approx. 25 cm – Serves 2-4 – Easy

For the cauliflower base:

1 cauliflower (about 800g, trimmed)
100g ground almonds
2 eggs
sunflower oil, to grease

For the topping:

180g crème fraîche
½ onion
60g Bio-Haff Baltes Routgewaschenen cheese or Munster
60g bacon lardons
salt and pepper

1. Preheat the oven to 180°C fan.
2. Discard the cauliflower leaves and cut the cauliflower into small pieces. Put into a food processor and whizz until the cauliflower is very finely chopped and resembles couscous grains. Put the chopped cauliflower into a bowl and microwave for 5 minutes at 800W.
3. Tip the microwaved cauliflower onto a clean tea towel and leave to cool for 5 minutes.
4. Wrap the tea towel around the cauliflower and squeeze out as much liquid as you can, then transfer back into the bowl.
5. Add the almonds and egg to the cauliflower, season with salt and pepper and mix well.
6. Line two baking trays with baking paper and grease with some sunflower oil.
7. Divide the cauliflower mix in two and put one heap onto each baking tray. Shape with your hands into a disc 1cm thick. Bake in the preheated oven for 25 minutes.
8. Meanwhile, season the crème fraîche with salt and pepper. Peel and finely slice the onion. Cut the cheese into cubes.
9. After 25 minutes, take the cauliflower bases out of the oven. Spread each base with the seasoned crème fraîche and top with onions, cheese and bacon lardons.
10. Bake for another 10 minutes so the cheese melts. Serve with a green salad.