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TARTE FLAMBÉE

FLAMMEKUECHE



Tarte Flambée / Flammekueche Recipe

Tarte flambée is a specialty from Alsace in France. Flammekueche is a thin-crust pizza made with crème fraîche, sliced onions and smoked lardons and traditionally baked in a wood-burning oven. Usually served as a first course or an appetizer with a glass of chilled Alsatian white wine, the *flammeküech*e is made with thinly rolled-out bread dough, but you can easily substitute a store-bought roll of pizza dough or sheets of lavash.

Jean-Paul E. Weber M.O.F recipe inspired.

Makes 16 Appetizers or 8 Servings

Flat Bread (For 2x8oz/250g Sheets)

0.8 cup (200ml) warm water*

1 Tbsp (15ml) honey

1.2 Tbsp (20ml) olive oil or rendered bacon fat

1.5 cups (210g) all-purpose flour

0.7 cup (100g) bread flour

1 pack (7g) instant yeast or 1/2 ounce (15g) fresh yeast

1/2 Tbsp (6g) salt.

*If your room temperature is at $\approx 65^{\circ}\text{F}$ (18°C) water should be at 90°F (32°C).

If your room temperature is at $\approx 75^{\circ}\text{F}$ (24°C) water should be at 69°F (20°C).

If your room temperature is at $\approx 85^{\circ}\text{F}$ (30°C) water should be at 45°F (7°C).

This chart should help to reach an internal temperature of the dough at about $75/80^{\circ}\text{F}$ ($24/27^{\circ}\text{C}$).

Method

Combine flours, salt and instant yeast or fresh yeast. Mix water and honey together and yeast if using active dry yeast. Add liquid into the dry ingredients and mix to combine. Transfer dough onto a work surface and knead until smooth for about 8 minutes. Do not add extra flour. Form a tight ball and place in a oiled bowl. Oil the surface of the dough and cover. Let rise in a 75°F ($24/30^{\circ}\text{C}$) area for about 90 min or until it has tripled in size. Or, wrap up and refrigerate dough over night. Flip over a floured work surface and divide into 2 equal portions and shape into balls. Cover and let rest 20 minutes to relax. Deflate and begin to flatten rotating the dough using finger tips. (At that point the dough can be sealed in bag and placed in the freezer for up to 3 weeks). Roll out into a medium size disk, cover and let rest for 20 minutes or more. Then, roll out into a large and thin rectangle or disk dusting flour as you go. Transfer sheet on an upside down baking tray lined with parchment. Bruno Albouze. www.brunoskitchen.net



Flammekueche Topping (For one dough sheet / 8oz/250g).

8 ounces (250g) smoked bacon, sliced

1 ea. (250g) onion, thinly sliced

1/2 Tbsp (8g) butter

Salt and ground black pepper to taste.

Filling

1/3 cup (70g) cream cheese, room temp

1/3 cup (70g) crème fraîche or sour cream

1/3 cup (70g) ricotta

Nutmeg, salt and ground black pepper to taste.

Mix all ingredients together, season to taste and set aside.



Method

Note: Rather than adding uncooked toppings such as bacon and onions; it is preferable to precook them first. For the bacon to render most of its fat (it can be recycled in the dough recipe or for other use) and for the onions to soften.

In a hot frying pan saute bacon until slightly crispy and drain. Save bacon fat for later use. In the same frying pan (leave some bacon fat) melt in butter and saute onions on medium high heat for 2 minutes, then reduce to low and continue cooking for 8 minutes or until tender. Season with salt and pepper and set aside.

Assembly

Spread the creamy filling evenly on the dough sheet or disk and spread out onions and bacon. At that point, tarte flambée can be frozen for up to a month.

Baking

Preheated oven to 550°F (290°C) with a pizza stone. Grab parchment paper and carefully slide tarte flambée onto the red hot pizza stone. Bake for about 7 minutes. If frozen; bake for 2 minutes more. Slide flammekueche back onto the upside down baking tray and transfer on a cooling rack for a few minutes before cutting. If using a wood-fired oven, it should take 3 min to bake. Season with ground black pepper, cut into desired portions and serve warm – Enjoy! Bruno Albouze. www.brunoskitchen.net