

VEGAN LEEK TART WITH BIOREAL ORGANIC NUTRITIONAL YEAST FLAKES



Ingredients

Yeast Dough

- 600 g organic flour
- 1 cube Bioreal Organic Yeast (or 1 sachet of Bioreal Organic Dry Yeast)
- 100 g organic olive oil
- 350 ml water
- 2 tbsp. organic sugar
- 2 tsp. sea salt

Topping

- 800 g organic leek
- 100 g organic olive oil
- 240 g organic cashew nuts
- 600 ml water
- 4 tsp. agar-agar
- 100 g Bioreal Organic Nutritional Yeast Flakes
- 3 tbsp. organic vegetable stock powder
- pepper

Preparation

Yeast Dough

- 1 Mix 600 g organic flour, 2 tsp. sea salt, 2 tbsp. organic sugar in a bowl.
- 2 Add 1 cube of Bioreal Organic Fresh Yeast (or 1 sachet of Bioreal Organic Dry Yeast), 100 g organic olive oil and 350 ml water.
- 3 Knead the dough thoroughly for a few minutes.
- 4 Cover the bowl with a towel. Leave the dough to prove in a warm place for 1 hour.
- 5 (While the dough is proving, you can prepare the topping.)
- 6 Roll out the dough on the baking tray: Grease the baking tray or line it with baking paper. Spread the dough out on the baking tray using your hands or roll it out using a rolling pin.
- 7 The dough can be left to prove a little longer on the baking tray.

Preparation

Topping

- 1 Purée the following in a blender: 600 ml water, 240 g organic cashew nuts, 4 tsp. agar-agar. The ingredients will form a creamy mixture.
- 2 Pour the puréed cashew nut mixture from the blender into a saucepan.
- 3 Bring to the boil and stir with a whisk at the same time. Make sure it does not get too hot, otherwise it will burn.
- 4 Reduce the heat. Let it simmer on a low heat for 2 minutes and keep on stirring. The mixture will become beautifully creamy.
- 5 Wash the leek thoroughly and chop it finely.
- 6 Braise the leek: Heat 100 g organic olive oil in a second pan. Add the finely chopped leek. Braise for 15 minutes (covered). Stir occasionally.
- 7 Now heat the oven to 180°C (fan).
- 8 Add the following to the pan with the leek: 100 g Bioreal Organic Nutritional Yeast Flakes, 3 tbsp. organic vegetable stock powder, pepper, the cashew cream from the first pan.
- 9 Mix up everything thoroughly.

Add the topping to the dough:

- 1 Spread the topping on the dough.
- 2 Bake in the pre-heated oven at 180 °C (fan) for 25–30 minutes.