

PUMPKIN TORTILLA WITH PUFF PASTRY

Pompoentaart met Feta
Pompoen
2 Teentjes knoflook
2 gekookte Aardappels
Bladerdeeg (Yufka)
6 eieren
2 ONS Feta kaas
Keltisch Zeezout
Peper



For this recipe we use yufka. That is Turkish puff pastry. Puff pastry is thin white flour, so maybe you notice that it's not very healthy. Yet puff pastry is practical to use. How do we solve this? From a pack of 500 grams of yufka, you can make 5 cakes. You only use 100 grams of puff pastry per pie. In addition, we realize that a cake is cut into 8 pieces. A piece of cake therefore contains 12.5 grams of puff pastry maximum. That is not very much. In addition, after baking, the puff pastry at the sides can be cut away so that you eat less of it. If you really do not want to use puff pastry for health reasons, you can make the same recipe with special baking paper.

We boil pumpkin and potato first. It is useful to cut the pumpkin and potato into small pieces before boiling. In doing so, they are finished more quickly, within 5 minutes, and you do not burn your fingers, while cutting a very hot potato or pumpkin. We spread the puff pastry in the same baking tool we use for apple pie. Make sure the bottom is covered by the pastry and no longer visible. Make at least 2 layers with puff pastry. Put 6 eggs in a mixing pan, together with 3 ounces feta, 4 small sliced, boiled potatoes, 3 ounces sliced, pre-cooked squash. Mix it together well. Put the mixture in the baking tool. With a wooden spoon you smoothen the filling top and make sure the puff pastry stays in place. Immediately after the filling is done, put it in a preheated oven at 180 degrees Celsius. Each oven works a little differently. It is ready after about half an hour till 40 minutes.



A

[Anti inflammation diet](#)

[Alpinia galanga](#)

[Alzheimer](#)

[Anemia](#)

[Aspirin](#)

B

[Banana flower](#)

[Barringtonia asiatica](#)

[Beetroot](#)

[Bell pepper](#)

[Bok choy](#)

[Broccoli](#)

[Brussels sprouts](#)

C

[Cauliflower](#)

[Carobflour](#)

[Celery](#)

[Centella asiatica](#)

[Chinese cabbage](#)

[Chocolate](#)

[Cholesterol myth](#)

[Cinnamon](#)

[Purple corn](#)

[Cucumber](#)

[Orange cucumber](#)

D

E

[Eggplant](#)

[Endive](#)

F

[Fennel](#)

[Food as medicine](#)

G

[Garlic](#)

H

[Horseradish](#)

[Hot pepper](#)

I

[Iceberg lettuce](#)

K

[Kale](#)

L

[Leek](#)

[Lettuce](#)

M

[Mangosteen](#)

[Medicinal Food 2019](#)

[Microbiome](#)

[Microwave food](#)

[Mint](#)

[Morgellons](#)

[Common mushrooms](#)

N

[Nettle](#)

O

[Red onions](#)

[Osteoarthritis](#)

[Otrivin, otrivine](#)

P

[Palmsugar](#)

[Papaya and papaya leaf](#)

[Pineapple](#)

[Potatoes](#)

[Purslane](#)

R

[Root celery](#)

[Romaine lettuce](#)

S

[Shallots](#)

[Shiitake](#)

[Spinach](#)

[Stevia](#)

[Supermarket alternatives](#)

[Sweet potato](#)

T

[Taro](#)

[Tomato](#)

[Turmeric](#)

U

V

[Vegan milk](#)

W

[Watercress](#)

[Wild vegetables](#)

Z



SUBSCRIBE TO VEGATALES AND GET IT IN YOUR INBOX FOR

18 EURO PER YEAR

**THIS IS AN INTRODUCTION FEE FOR FRIENDS AND
EARLY ADAPTORS. PRICE GUARANTEED FOR THREE YEARS.**

