QimiQ

BAKED VEGETABLE PANCAKES



QimiQ BENEFITS

- Bake stable
- Quick and simple preparation
- Problem-free reheating possible





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INGREDIENTS FOR 4 PORTIONS

FOR THE PANCAKES

250 ml Milk 2 Egg(s) 150 g AP Flour, coarse grain Salt Nutmeg 1 tsp Parsley, finely chopped Butter, to fry FOR THE FILLING AND TOPPING 250 g QimiQ Sauce Base 450 g Seasonal mixed vegetables 250 g Low fat quark [cream cheese] 3 Egg yolk(s) Salt and pepper Nutmeg 1 tbsp Parsley 3 Egg white(s) Butter, for the baking tin	TOR THE TARCAR	
150 g AP Flour, coarse grain Salt Nutmeg 1 tsp Parsley, finely chopped Butter, to fry FOR THE FILLING AND TOPPING 250 g QimiQ Sauce Base 450 g Seasonal mixed vegetables 250 g Low fat quark [cream cheese] 3 Egg yolk(s) Salt and pepper Nutmeg 1 tbsp Parsley 3 Egg white(s)	250 ml	Milk
Salt Nutmeg 1 tsp Parsley, finely chopped Butter, to fry FOR THE FILLING AND TOPPING 250 g QimiQ Sauce Base 450 g Seasonal mixed vegetables 250 g Low fat quark [cream cheese] 3 Egg yolk(s) Salt and pepper Nutmeg 1 tbsp Parsley 3 Egg white(s)	2	Egg(s)
Nutmeg 1 tsp Parsley, finely chopped Butter, to fry FOR THE FILLING AND TOPPING 250 g QimiQ Sauce Base 450 g Seasonal mixed vegetables 250 g Low fat quark [cream cheese] 3 Egg yolk(s) Salt and pepper Nutmeg 1 tbsp Parsley 3 Egg white(s)	150 g	AP Flour, coarse grain
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Butter, to fry FOR THE FILLING AND TOPPING 250 g QimiQ Sauce Base 450 g Seasonal mixed vegetables 250 g Low fat quark [cream cheese] 3 Egg yolk(s) Salt and pepper Nutmeg 1 tbsp Parsley 3 Egg white(s)		Nutmeg
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250 g Low fat quark [cream cheese] 3 Egg yolk(s) Salt and pepper Nutmeg 1 tbsp Parsley 3 Egg white(s)	250 g	QimiQ Sauce Base
3 Egg yolk(s) Salt and pepper Nutmeg 1 tbsp Parsley 3 Egg white(s)	450 g	Seasonal mixed vegetables
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Nutmeg 1 tbsp Parsley 3 Egg white(s)	3	Egg yolk(s)
1 tbsp Parsley 3 Egg white(s)		Salt and pepper
3 Egg white(s)		Nutmeg
	1 tbsp	Parsley
Butter, for the baking tin	3	Egg white(s)
		Butter, for the baking tin

METHOD

- Preheat an oven to 320 °F (conventional oven).
- 2. Whisk the milk, eggs, flour, salt, nutmeg and parsley together. Allow to rest and use to make 4 pancakes.
- 3. Cook the vegetables until firm to the bite, drain and put to one side.
- 4. Add the quark, egg yolks, seasoning and parsley to the QimiQ Sauce Base and mix well.
- 5. Whisk the egg whites stiff. Fold with the vegetables into the QimiQ Sauce Base mixture
- 6. Use two thirds of the vegetable mixture to fill the pancakes. Roll up, halve and arrange in a greased oven-proof dish. Cover with the remaining vegetable mixture and bake for approx. 25 minutes.