

CREAMY BACON MUSHROOMS FLATBREAD «FRENCH TARTE FLAMBÉE»

The Recipe

<https://www.cuisinedaubery.com/recipe/creamy-bacon-mushrooms-flatbread-french-tarte-flambee/>

Tarte flambée is a French Alsatian dish made of bread dough rolled out very thinly in the shape of a rectangle, covered with bacon, mushroom and creamy cheese sauce. It is one of the signature dishes of the Alsace region (North East of France)

Chef: Jacquy Pfeiffer

Preparation Time: 20 Minutes

Cooking Time: 14 Minutes

Ready in: 1 H

Yield: 2 Tarts

Skill: Intermediaire Level

Cuisine: French Cuisine

Courses: Main Dish,

Ingredients

For 4 tarts, 11.02" (or 11 1/32" or 28 cm) in diameter

*Dough (very thin)

1 3/4 Cup Flour (250 grams)

3/4 Cup Water (162 grams)

1 teaspoon Dry Yeast (4 grams)

1 teaspoon Salt (5 grams)

2 teaspoons Canola Oil (12 grams)

*Cream

1/2 Cup Sour Cream (125 grams)

1 Tablespoon Flour (12 grams)

1 Egg Yolk 1 Tablespoon or 20 grams

1 pinch of Nutmeg

1 pinch of Salt

1 pinch of Pepper

*Toppings

1 Cup Onions (150 grams)

3/4 Cup Bacon (140 grams)

*Optional

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A small quantity of Grated Cheese Shredded Cheese

For 2 tarts, 11.02" (or 11 1/32" or 28 cm) in diameter

*Dough (very thin)

3/4 Cup Flour (125 grams)

1/3 Cup Water (81 grams)

1 teaspoon Dry Yeast (2 grams)

1/2 teaspoon Salt (2.5 grams)

1 teaspoon Canola Oil (6 grams)

*Cream

1/4 Cup Sour Cream (62.5 grams)

1 teaspoon Flour (6 grams)

1/2 Egg Yolk 1 teaspoon or 10 grams

1 pinch of Nutmeg

1 pinch of Salt

1 pinch of Pepper

*Toppings

1/2 Cup Onions (75 grams)

1/2 Cup Bacon (70 grams)

*Optional

A small quantity of Grated Cheese Shredded Cheese

For 1 tart 11.02" (or 11 1/32" or 28 cm) in diameter

*Dough (very thin)

1/2 Cup Flour (62.5 grams)

3 Tablespoons Water (40.5 grams)

1/2 teaspoon Dry Yeast (1 gram)

1/2 teaspoon Salt (1.2 grams)

1 teaspoon Canola Oil (3 grams)

*Cream

2 Tablespoons Sour Cream (31.2 grams)

1 teaspoon Flour (3 grams)

1/4 Egg Yolk 1 teaspoon or 5 grams

1 pinch of Nutmeg

1 pinch of Salt

1 pinch of Pepper

*Toppings

4 Tablespoons Onions (37.5 grams)

3 Tablespoons Bacon (35 grams)

*Optional

A small quantity of Grated Cheese Shredded Cheese

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For 1 tart 8.66" (or 8 21/32" or 22 cm) in diameter

*Dough (very thin)

1/4 Cup Flour (38.5 grams)

2 Tablespoons Water (25 grams)

1/2 teaspoon Dry Yeast (0.6 gram)

1/2 teaspoon Salt (0.7 gram)

1/2 teaspoon Canola Oil (1.8 grams)

*Cream

1 Tablespoon Sour Cream (19.2 grams)

1/2 teaspoon Flour (1.8 grams)

0.1 Egg Yolk 1/2 teaspoon or 2 grams

1 pinch of Nutmeg

1 pinch of Salt

1 pinch of Pepper

*Toppings

2 Tablespoons Onions (23.1 grams)

2 Tablespoons Bacon (21.6 grams)

*Optional

A small quantity of Grated Cheese Shredded Cheese

For 1 tart 7.08" (or 7 3/32" or 18 cm) in diameter

*Dough (very thin)

3 Tablespoons Flour (25.8 grams)

1 Tablespoon Water (16.7 grams)

1/2 teaspoon Dry Yeast (0.4 gram)

1/2 teaspoon Salt (0.5 gram)

1/2 teaspoon Canola Oil (1.2 grams)

*Cream

2 teaspoons Sour Cream (12.9 grams)

1/2 teaspoon Flour (1.2 grams)

0.1 Egg Yolk 1/2 teaspoon or 2 grams

1 pinch of Nutmeg

1 pinch of Salt

1 pinch of Pepper

*Toppings

2 Tablespoons Onions (15.4 grams)

1 Tablespoon Bacon (14.4 grams)

*Optional

A small quantity of Grated Cheese Shredded Cheese

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Steps

Must Read : The Dough Quantity

Note that Jacquy makes this tart with a super thin crust (it's the traditional way to make it). However - If you like a thicker crust, just double the quantities of the dough (which is what I recommend)

The Dough

1. Before kneading the dough, Jacquy recommends that the Water (3/4 Cup or 162 g) be adjusted to the right temperature. First, take the temperature of the room : here 80 F / 24.2 C
2. Then take the temperature of the Flour, here it's 80 F / 23.6 C
3. Add the Dry Yeast (1 teaspoon or 4 g) in the Water (3/4 Cup or 162 g)
4. Then subtract 65 to those 2 temperatures: In my case : $65 - 24.2 - 23.6 = 65$ F / 17.2 C : That's the temperature that you need the Water (3/4 Cup or 162 g) to be at
5. I had to cool it down and wait for the right temperature (65 F / 17.2 C in my case)
6. In a bowl, mix the Water (3/4 Cup or 162 g), the Flour (1 3/4 Cup or 250 g), the Salt (1 teaspoon or 5 g) and the Canola Oil (2 teaspoons or 12 g)
7. Then knead but not too long otherwise the dough will become too elastic
8. You may use the Kitchen Aid with the hook, or knead by hand like I did

Proofing

9. Cover the bowl tightly and let the dough rise for 1 hour at room temperature
10. Divide the dough in equal parts
11. Start shaping the dough into a circle with your fingers
12. Dust flour and roll out
13. If you can't obtain a circle, you may cut the rolled dough into a circle
14. Freeze for 30 minutes at least

Toppings

15. In a bowl, mix together : the Sour Cream (1/2 Cup or 125 g), the Flour (1 Tablespoon or 12 g), the Egg Yolk (1), the Nutmeg (1 pinch), the Salt (1 pinch) the Pepper (1 pinch)
16. Jacquy recommends using a Baking stone that will bake the tart the same way it bakes in professional ovens : Pre-heat the baking stone at 500 F / 260 C for 20/30 minutes

Assembling

17. Take the frozen dough out of the freezer
18. Spread a layer of the creamy sauce with a spoon, leaving an edge around the edge (0.59" (or 19/32" or 1.5 cm))
19. Sprinkle the dough with the Onions (1 Cup or 150 g) and then the Bacon (3/4 Cup or 140 g)
20. You may add Grated Cheese, although this ingredient is not part of the original recipe
21. Freeze for 30 minutes
22. With a tray, take the tart and carefully slide from the peel onto the hot stone

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23. Bake at 500 F / 260 C until you like the crust and the top is sizzling