

RomaBlend® Spiced Flatbread with Kimchi Dressing & Cured Egg Yolk

Servings

6

Calories

140

Prep Time

1 hour

Total Time

4 days

Skill Level

Difficult

Ingredients

4 cups Mann's RomaBlend®, plus ½ cup more sliced
Small block aged goat or similar cheese
Kimchi Dressing (recipe below)
Cured Egg Yolk (recipe below)

Kimchi Dressing

8 white anchovies
1 garlic clove
2 egg yolks
Juice of 1 lemon
3 ounces prepared kimchi (medium spice)
1 ounce olive oil
2 ounces vegetable oil
Salt and pepper to taste

Cured Egg Yolk

1 ¾ cups kosher salt
1 ¼ cups sugar
4 large egg yolks
Nonstick vegetable oil spray



The Method

For the Dressing

Combine all ingredients in a small container and mix with a hand blender until smooth. Taste for seasoning.



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For the Cured Egg Yolk

Whisk salt and sugar in a medium bowl to combine. Evenly spread out half of salt mixture in an 8×8-inch glass baking dish. Using the back of a tablespoon, create 4 depressions in the salt mixture, spacing evenly. Carefully place an egg yolk in each depression. Gently sprinkle remaining salt mixture over yolks and tightly wrap dish with plastic. Chill 4 days.

Preheat oven to 150°F. Brush salt mixture off each yolk, then carefully rinse under cold water to remove any remaining salt (yolks will be semi-firm, bright and translucent). Gently pat dry with paper towels.

Generously coat a wire rack set inside a rimmed baking sheet with nonstick spray and place the yolks on the rack. Dry out in the oven until opaque and texture is like a firm Gruyere cheese, about 1 ½ – 2 hours. Let Cool. (If your oven doesn't go that low, you can dry out the eggs in an unheated oven for 2 days)

For the Spiced Flatbread

In a large bowl, whisk the flour, salt, baking soda and powder together. Using a spoon stir in the yogurt, water, and oil until the dough starts to come together, adding additional water if necessary. Next knead the dough in the bowl until it is smooth. Wrap the dough in plastic wrap and let rest at room temperature for 1 hour.

Unwrap the dough and cut into 6 pieces. Roll out 1 piece into a circle about 8 inches in diameter. Add 1 tablespoon of the sliced RomaBlend, a sprinkle of the spices, then roll into a cylinder. Next, starting at one end coil the cylinder into a snail shape. Finally, flatten the spiral with your hand then roll out the filled dough into a 7-inch round. Continue with the rest of the dough pieces.

Preheat a cast iron or stainless steel pan and cook the flatbread until golden brown and lightly puffed, about 4 minutes.

To Serve

Place one of the flatbreads on a plate. Next, toss 1 cup of the RomaBlend with 1 or 2 tablespoons of the dressing. Top the flatbread with the dressed salad greens. Next, micro plane some aged goat cheese or other similar hard cheese on top of the greens. Finally, micro plane some of the cured yolk.

Recipe Courtesy of Justin Cogley, Executive Chef at Aubergine, Carmel

Nutrition Facts

Serving Size: 215g | Servings: 6

Amount Per Serving

Calories 140 | Total Fat 4.5g (sat 1g trans 0g) | Cholesterol 30mg | Sodium 4660mg | Total Carbohydrate 21g | Dietary Fiber 3g | Sugars 9g | Protein 5g | Vitamin D 0% | Calcium 8% | Iron 20% | Potassium 8%