Honey Schüttelbrot pancake with apple – a recipe by Herbert Hintner



Schüttelbrot is a speciality from South Tyrol. It is a spicy and crispy flatbread. Traditionally it was popular with farmers as it had a long shelf life and formed part of the "Marende" from this region – a hearty snack with Speck (smoked ham), Kaminwurz (smoked sausage) and cheese.

Ingredients for 4 portions:



70 g butter

20 g quark

45 g Schüttelbrot (crunchy flatbread originally made in South Tyrol), finely ground

2 tbsp honey

2 egg yolks

2 egg whites

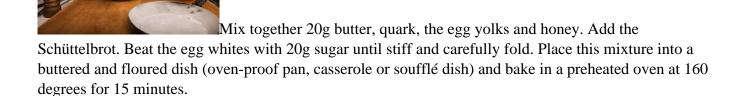
40 g sugar

250 g apples

Tipp from Herbert Hintner:

Honey Schüttelbrot pancake is also delicious cold and served with a cup of coffee.

Preparation (c. 45 minutes):



Peel the apples, cut into pieces and mix with 20g sugar.

Melt 50g butter in a pan, add the apple pieces and toss for c. 5 minutes and caramelise the sugar.

To serve – break up the pancake with a spoon and place with the pieces of apple in the centre of the plate. Garnish by dusting with icing sugar and mint leaves.



Bon appetite!