

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- 45 g Schüttelbrot (crunchy flatbread originally made in South Tyrol), finely ground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



Mix together 20g butter, quark, the egg yolks and honey. Add the Schüttelbrot. Beat the egg whites with 20g sugar until stiff and carefully fold. Place this mixture into a buttered and floured dish (oven-proof pan, casserole or soufflé dish) and bake in a preheated oven at 160 degrees for 15 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 caramelize 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!

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