



40'



10 PAX



DIFFICULTY
MEDIUM



VEGETARIAN



KCAL*
205

NUTRITIONAL INFORMATION (by ration)

3,7	Protein
27	Carbs
8,7	Total fat
1,5	Saturated fat
5,5	Monounsaturated fat
1,1	Polyunsaturated fat
0,06	Cholesterol
1,7	Fiber
0,03	Sodium

ALLERGENS
gluten, lactose, egg

* Kcal by ration



DESSERTS

APPLE SPONGE BREAD

PONS

USE:



PONS SELECCIÓN FAMILIAR TRADITIONAL EVOO



PONS CITRIC WITH TANGERINE EVOO with Tangerine



PONS CITRIC WITH ORANGE EVOO with Orange



PONS APPLE VINEGAR Apple Vinegar

PAIR:



ROC DE FOC White wine



FLOCS Cava Brut

INGREDIENTS

- 125 g Apple compote*
- 4 Eggs
- 270 g Flour
- 130 g Full cane sugar
- 1 Tablespoon of full cane sugar
- 100 ml PONS Selección Familiar EVOO Traditional Greek yogurt
- 3 Golden apples
- Impeller

UTENSILS



Kneading Machine



Knife



Mold



Oven

OBSERVATIONS

*For the Apple compote:
Cut the peeled apple into quarters, put it in a covered bowl with 3 turns of film in the microwave for 15 minutes. Let it cool and turbine the set in the crusher. Strain the compote into a fine sieve.

ELABORATION

1. Beat the eggs and sugar together until they double their volume.
2. Add apple compote and two tablespoons of Greek yogurt.
3. Incorporate the sieved flour and the impeller together and add the olive oil progressively.
4. Peel the apples and cut them as you like. Put them in the bottom of the mold with a tablespoon of full cane sugar.
5. Add the crude dough to the mold, filling three quarters of it.
6. Put it at the oven at 180°C for 25 minutes. 🔥
7. Season it with a few drops of PONS Citric EVOO (orange, tangerine or lemon).



High heat



Medium heat



Low heat