



FvF Cooks- Homemade Pumpkin Tarte with Kraut Kopf

1) Homemade Pumpkin Tarte with Kraut Kopf

This article is part of FvF Cooks – a selection of monthly inspiring and healthy meals and snacks by a range of FvF guests, contributors and industry experts.

The apartment is filled with a sweet aroma of vanilla and roasted mushrooms. The smell and coziness welcomes us into the bustling Berlin, Wedding kitchen. Yannic and Susann, both photographers and food bloggers, invited us to try a homemade pumpkin tart in their lovely home.

They started their food blog '[Kraut Kopf](#)' a few months ago. Their focus has been on vegetarian recipes and from time-to-time they post vegan dishes.

Whilst grinding the buckwheat, Yannic tells us that they plan to explore the Paleo cuisine in 2014. What they are making for us today is similar to the Paleo diet, in that it's a cuisine that doesn't use any industrially prepared ingredients. And that's how we are fortunate enough to enjoy a 'stone-age-like' pumpkin tart in the 21st century.

Our cooking session with Kraut Kopf came about through a collaboration with Rewe and their recent project '[Bleib Hungrig auf Neues](#)' (Stay Hungry for New Things)

Yannic and Susann hardly ever cook using recipes, they prefer to go by taste. Yannic especially has a refined taste. He can discern the individual components of every plate and likes to experiment with them by creating his own dishes. Today, he and Susann are showing us their new recipe, the Pumpkin Tart.

For the pastry:

40g buckwheat
35g millet
50g almonds
2 tbsp. cornstarch
1 free range egg
15g alsan
1/4 tsp. sea salt

For the pumpkin filling:

500g pumpkin
1 garlic clove
1 shallot
1 vanilla bean
some organic lemon zest
a pinch of nutmeg

On the side:

4 small beetroots
2-3 small carrots
star anise

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cumin

cinnamon flower

1 handful of wild herbs

1 organic lemon

1 tbsp. Dijon mustard

1 tbsp. wild bloom honey

olive oil

sea salt and pepper

For the topping:

150g mushrooms (Shimeji, Southern Poplar, Tuscan)

1 shallot

3-5 carrots (try to use different coloured carrots)

Food plays an important role in Susann's and Yannic's life, regardless of whether it's cooking at home or going out to eat. Both of them place a high importance on good quality food, knowing how to prepare it, and knowing exactly what's in it. This is also why they make a lot of ingredients themselves, for example the flour used in the pumpkin tart today.

Grind the buckwheat, millet and almonds into a fine flour. Knead the flour together with the remaining pastry ingredients into a smooth dough. Wrap the dough in cling film and let it rest in the fridge for 30 minutes. Then roll it out.

Divide the dough in two parts and shape it into the tart tins. Make sure that there are no holes in the dough.

Prick the dough with a fork and then blind-bake it using peas or lentils at 180°C for 10 minutes. Remove the peas/lentils and continue to bake for a further 15 minutes.

Peel the beets and carrots. Cut them into fours, and wrap them loosely in aluminium foil. Sprinkle them with sea salt and pepper, then drizzle with olive oil.

Cook the beets and carrots in the aluminium pouches at 160°C for 30-40 minutes. Before closing the aluminium pouches, add some star anise to the carrots, and cumin and cinnamon flower to the beets. Close the aluminium pouches carefully so that no juice spills.

Cut the pumpkin in half, then into quarters and remove the seeds with a spoon. Continue by cutting the quarters into thin slices. Place the pumpkin slices onto an oiled baking tray. Chop the shallots and garlic and throw them in along with the vanilla pulp, salt and pepper.

Spoon out the pumpkin pulp and purée with the garlic and shallots until it reaches a smooth texture. Add the lemon zest and grated nutmeg and season with salt and pepper.

Peel the carrots, cut them into slices and fry them lightly in olive oil. Clean the mushrooms, cut the shallots into small dices and gently fry them in olive oil. Season everything with salt and pepper.

Now the tart needs to be filled. First add the pumpkin. Next, the mushrooms and carrots.

Finish by putting the tart into the oven for 2-5 minutes. Serve the tart on a bed of wild herbs with the root vegetables on the side. Compliment the salad with a vinaigrette of lemon juice, olive oil, mustard, honey, salt and pepper.

This article is part of [FvF Cooks](#). From this series, we recently showed you the [All-In à la Conrad Fritzsich](#), the [homemade bread](#) from Mira Schröder and the [pear baked oatmeal](#) by Ashley Neese.
