Keto galette with cottage cheese and blueberries

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Ingredients

Dough

- 100 g almond flour
- 40 g coconut flour (choose as finely ground as possible, shavings are not suitable here, but you can additionally grind them with a coffee grinder)
- 1/2 tsp xanthan gum (xanthan gum - it gives the dough cohesiveness)
- 1/4 tsp salt
- 100 g cold butter (cut into cubes)
- 50 g cold cream cheese (cream cheese, I used Billa from IKI)
- 1 lightly beaten egg
- 2 tsp apple cider vinegar
- To coat the edges of the egg batter

Stuffing

- 1 a package of cottage cheese (grated) or the same cream cheese (200g in a package)
- 2 eggs
- Erythritol (add a teaspoon at a time until it seems sweet; erythritol is slightly less sweet than sugar)
- 300 g fresh strawberries

Instructions

Dough

1. I added the dry ingredients (almond and coconut flour, xanthan gum, salt) to the food processor and mixed with a few pulses.

2. I added cold butter and cream cheese. Pulse until coarse crumbs form.

3. I pour in the beaten egg and apple cider vinegar. I stir again until the dough starts to stick. It is important not to over-grind - the texture should resemble coarse bread crumbs, not a homogeneous mass.

4. I take out the dough on cling film, form a flat disk with my hands and put it in the fridge for at least 1 hour.

Filling and shaping

5. Rub the cottage cheese with erythritol and mix in the eggs. Spread the curd mass on the rolled out dough, cover with blueberries, fold the edges and brush with egg.

Baking

6. Before baking: be sure to keep the formed galette with the filling in the freezer for 10-15 minutes. This helps it keep its shape and cook it extra crispy.

7. Be careful - it roasts quickly! Wholemeal flour cooks faster, so keep an eye on the process when baking at 180°C (it will cook in 25-30 minutes).

Notes

Roll ONLY between two sheets of baking paper or cling film. I roll it out before I put it in the fridge to chill because it cools down faster and I don't have to roll it out again. When rolling the cold dough, it may crack, because the dough is much more fragile, but it doesn't matter if it cracks somewhere - just press it with your fingers and stick it together.

If the dough becomes soft - 5-10 minutes. put in the freezer.

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