

Keto galette with onions, mushrooms and bacon

[View recipe on the website](#)

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

- 2 larger onions
- 200 g chopped champignons
- 100 g squirrels
- Butter and a drizzle of olive oil
- 100 g diced bacon
- Salt, pepper

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.

Stuffing

5. I fried finely chopped onions in butter with olive oil. A little trick: if you are frying with butter, always add a splash of oil - this stabilizes the butter and prevents it from burning.
6. Then I added mushrooms and squirrels and fried until the liquid evaporated. Very important: the filling must be completely cooled before placing it on top of the dough!
7. I wanted a richer pie, so I first spread a layer of sliced bacon on top of the rolled dough, and then I put the cooled mushrooms and onions on top. I folded the edges, coated it with egg wash, kept it in the freezer for 10 minutes. and put it in the oven at 180 °C. It is delicious to eat immediately, slightly cooled or completely cold.

Baking

8. 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.
9. 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.