

Savory Sweet Potato Tartlets

Recipe By *Brynie Greisman*



family table

Mishpacha

Cooking and Prep:  1
h 20 m

Serves:  12

Contains:    

Preference: Parve

Difficulty: Medium

Occasion: Sukkot

Diet: Vegetarian, Vegan,
Pescetarian

Source: Family Table by
Mishpacha Magazine

These flavorful tartlets are the perfect accompaniment to chicken, cutlets, or meat. The almond butter adds irresistible creaminess. There are no eggs here, which is a dietary consideration for many. Thanks, Chava E.

Ingredients (17)

Tartlet Dough

- 1 cup flour (whole wheat pastry flour is fine)
- 1/3 cup boiling water
- 1/3 cup oil
- 1/2 teaspoon **Haddar Baking Powder**

pinch of salt *(optional)*

Sweet Potato Filling

oil, for sautéing

1 onion, diced

1 clove garlic, crushed or 1 cube **Gefen Frozen Garlic**

2 sweet potatoes (approximately 13 ounces or 340 grams), cubed

salt, pepper, and nutmeg, to taste

White Sauce

1 tablespoon oil

4 cloves garlic, crushed or 4 cubes **Gefen Frozen Garlic**

2 tablespoons **Gefen Almond Butter**

2 tablespoons white, whole wheat, or **Shibolim Spelt Flour**

salt, pepper, and nutmeg, to taste

1 cup water

black and white sesame seeds, for garnish *(optional)*

Start Cooking

Make the Dough

1. Combine all dough ingredients by hand in a mixing bowl. Press onto the bottom and sides of a pie dish or in tartlet or muffin tins. Set aside.

Make the Sweet Potato Filling

1. Heat oil in a frying pan over medium heat and add onion. Sauté until soft. Add garlic and stir.
- 2.

Add sweet potatoes and water to cover. Cook until sweet potatoes are soft and mushy. (Alternately, you can cook the sweet potato separately and mash, then add to the onion and garlic). Season with salt, pepper, and nutmeg.

Make the White Sauce

1. Heat oil in a frying pan. Add garlic, almond butter, flour, and water. Cook, stirring constantly with a whisk, until mixture thickens. Add spices and mix well. Combine with sweet potato mixture.

Note:

This white sauce is very versatile and can be used to flavor various pasta and vegetable dishes. To make it milchig, use two tablespoons 5% quark cheese instead of the almond butter.

Make the Tartlets

1. Meanwhile, preheat oven to 350 degrees Fahrenheit (180 degrees Celsius). Fill tartlets and bake for 25 minutes or until set. For a pie, bake 40–45 minutes.

Tip:

These tartlets can be frozen. I recommend defrosting them before warming and baking for a few minutes just on the bottom (use the bottom-only setting on your oven, or heat on a hot plate), to prevent a soggy crust.