

Vegetable Tarts

Recipe By *Faigy Grossmann*



Cooking and Prep:  50
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Serves:  8

Contains:    

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Pescetarian,
Sugar Free

Source: Family Table by
Mishpacha Magazine

I used the same base recipe and changed up the vegetable topping options. You can also combine your own favorite mix of vegetables in the same manner.

Ingredients (15)

Tart

- approximately 1/2 a sheet of **Gefen Puff Pastry Sheets**
- 4 ounces (115 grams) parve sour cream
- 1 egg

Sweets and Beets

- 2 sweet potatoes, sliced in 1/4-inch (.6-cm.) slices
 - 2 beets, sliced in 1/4-inch (.6-cm.) slices
 - olive oil and **Haddar Kosher Salt**, for drizzling
 - Galilee's Silan Date Syrup**, for drizzling
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Tomato Asparagus

- 2 plum tomatoes, sliced
 - 1 bunch asparagus, shaved with a peeler
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Grilled Vegetables

- 1 Asian eggplant, cut into spears
 - 1 portobello mushroom cap, thinly sliced
 - 1 red pepper, thinly sliced
 - 1 zucchini, cut into spears
 - Bartenura Olive Oil**, salt, and pepper, for drizzling
 - 1/2 cup canned **Haddar Chickpeas**
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Start Cooking

Make the Vegetable Tarts

1. Preheat oven to 350°F (180°C).
2. Roll out puff pastry to fit a tart pan. Press in firmly to all sides. Cover the pastry with Gefen Easy Baking Parchment Paper and place beans on top to keep the dough from puffing up too much. Bake for about 20 minutes or until light brown.
3. Meanwhile, prepare your filling of choice (see instructions below).
4. Combine sour cream and egg and smear at the bottom of the tart. Top with your choice of vegetables. Return to the oven for another 20 minutes.

For Sweets and Beets Filling

1. Preheat oven to 400°F (200°C).
2. Lay sweet potato slices on a baking sheet, drizzle with olive oil and kosher salt, and roast for 20 minutes.
3. Lay beet slices on a separate baking sheet, drizzle with date honey, and roast for 20 minutes.
4. Arrange beets and sweet potatoes over sour cream filling and bake.

For Tomato and Asparagus Filling

1. Combine tomatoes and asparagus shavings in a bowl.
2. Arrange over sour cream filling and bake.

For Grilled Vegetable Filling

1. Preheat oven to 375°F (190°C).
2. Lay eggplant, mushroom, pepper, and zucchini on a baking sheet and drizzle with olive oil, salt, and pepper. Roast for 20 minutes.
3. Arrange over sour cream filling and top with chickpeas. Bake as directed.

Credits

Photography: Nechama Laitman