

# ***TARTS AND PIES --- SAVORY***

# ***Black Olive Tapenade***

*This Provençal tapenade that could well go back to a classical Roman tradition for olive and anchovy pastes. This paste is great spread thinly on fresh or toasted baguette slices or as a sandwich spread. Its' flavor is very strong and salty - a little goes a long way!*

## **INGREDIENTS**

- *1 lg (about 15 oz) jar or can of pitted black olives, rinsed well*
- *1 small tin anchovies, rinsed well (IF they're in olive oil - you won't need to rinse)*
- *2 TBSP capers, rinsed well*
- *2,3 cloves roasted garlic (paste) - to taste*
- *About 4 oz. good quality extra virgin olive oil*
- *¼ tsp fresh lemon juice*
- *1 tsp Dijon mustard*
- *1 tsp fresh (finely chopped) or 2 dried/ground of rosemary, thyme & parsley*
- *2, 3 twists of freshly ground pepper*

## **PREPARATION:**

- 1. Place all ingredients - EXCEPT half of the EVOO - into a processor or blender and blend until it's almost paste - you want some small "bits" for texture.*
- 2. Add remaining EVOO if needed to thin out paste a bit. Taste and adjust seasoning if you'd like, but unless you are a salt-aholic, you won't need to add any salt!*

**NOTE:** *If this is too salty for you, blend in about a slice of crumbled bread. You can make this paste in advance and store it in the fridge in a tightly sealed jar under a little olive oil for a couple of weeks.*

# ***The Pissaladière - A Niçoise Classic***

*A simple and delicious variation on the pizza.*

## **INGREDIENTS:**

- *a batch of pizza dough (recipe given below, or you can use frozen dough from your nearby store)*
  - one packet of baker's yeast
  - 1/2 - 3/4 cup warm water
  - one tsp sugar
- mix together to check for yeast activity
- 2 TBSPs olive oil
  - 2 cup - 2 1/2 cups of all-purpose flour - enough to make a supple and smooth dough that you can work easily (depending on the kind of flour you use, you may need less or more than the recipe

indicates). Knead for 10 minutes, put aside to rest one hour.

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## **--For the topping :**

- 3-4 onions -- about 3 cups cut in very thin rounds
- 1-2 Roma tomatoes sliced in very thin rounds
- 3 garlic cloves crushed and minced
- 10 anchovies in salt, rinsed and fileted
- 6 (3 + 3) TBSPs olive oil
- 6-10 black Kalamata olives

## **PREPARATION:**

1. In a frying pan, pour in 3 TBSPs olive oil, and add the onion rounds, simmer until caramelized – golden – a bit...about 20-30 minutes. Remove from the flame and put aside.
2. In another frying pan, pour in 3 TBSPs of olive oil, add the anchovy filets, and let simmer, while you stir, till they melt into the olive oil and make a paste. Add 1/2 of your minced garlic to the anchovy mixture, stir in, let sizzle for 30 seconds and remove from the flame.

## **Put it together:**

1. Preheat your oven to 450F/220C, and if you've a baking stone, place it in the oven
2. Roll out your dough and place it on a pan lightly covered with flour.
3. Take your anchovy paste and spread it evenly on your dough.
4. Sprinkle on the unused minced garlic, layer on top the sweated onions and on top of these, your thinly sliced tomatoes.
5. Sprinkle a half dozen black olives (optional).

Bake for 15 minutes, or till the crust is browned. Remove, slice and serve. Excellent as an evening nibble with a light rose wine from Provence... it's just delicious hot out of the oven!



## Galette au Chèvre

*This delicious goat cheese and tomato tart is usually made with an olive oil based shortcrust, but this version gives you the option of using a store bought puff pastry to save time -- and it also gives it a slightly lighter taste.*

### INGREDIENTS:

- 1 lb puff pastry
  - 4 Yukon Gold-or similar-potatoes
  - 5 very round, very red tomatoes (large Campari tomatoes, or small tomatoes-on-the-vine work very well for this)
  - 10-11 oz log Chevre
  - 4 lg, whole basil leaves
  - extra virgin olive oil
  - bit of coarse sea salt
  - ground white pepper
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### PREPARATION

1. Preheat oven to 400°
2. On a floured surface, roll the puff pastry to about 1/8 " thickness and, using a plate as a template, cut out six 5" rounds and place them on a lightly oiled baking sheet - in 2 stacks of 3 (you're making 2 crusts), pricking them with a fork to prevent rising. Cover with a foil wrapped second baking sheet -- place oven proof weights (bricks or cast iron pans work) on top and bake until brown and crisp - about 30-40 minutes, flipping the crusts over 15 minutes into baking, pressing down on the weights to expel any air...remove weights and sheet -- set rounds aside to cool for 5-10 minutes.
3. Boil potatoes until **just** tender (about 10 minutes of simmering after the boil- check several times - you don't want them overcooked!!!) ... drain, remove from pan immediately and cool. Peel and slice to 1/4" thickness.
4. Wash, dry and slice the tomatoes to the same thickness as the potatoes. Drain off the juice if they are very watery. THEN slice the goat cheese into slices as close to 1/4" as you can. This is not so easy, but if you put the goat cheese log into the freezer for 10-15 minutes before you slice and then use a wire cheese cutter (or just the replacement wire) to slice, it works well..
5. Cut the basil leaves into chiffonade (thin strips) with scissors.
6. Alternating the potato, tomato & cheese - arrange on the pastry rounds in a spiral pattern to cover...distribute the basil evenly, brush the surface of each olive oil and sprinkle on the coarse sea salt & white pepper, to taste.

Pop under the broiler (@ 5" from heat) and broil for 3-5 minutes until warmed and a bit browned. (Sprinkle a pinch of sugar on the tomatoes if you'd like a little extra caramelization on them) Cut into small triangles with a pizza cutter and serve!

# **Basic Quiche**

*There are many, many veggie-cheese-meat combos you can use to make it yours! Be creative. Remember that veggies and fatty meats need to be pre-cooked before adding.*

## **INGREDIENTS**

- 3 large eggs
- about 1-2 cups add-in ingredients
- 1 cup shredded cheese(s) of choice
- 1 cup & ½ 1% milk
- 2 TBSPs light cream OR half & half
- 2 pinches salt
- 1 pinch pepper
- 1 pinch nutmeg
- ½ - 1 tsp dried herbs
- 2 TBSPs fresh herbs, finely chopped (OPTIONAL)
- 1 PRE-BAKED 9"- 10" pie crust
- about 1-2 TBSPs milk or cream to brush over crust

## **PREPARATION**

1. Pre-bake crust -- 10 minutes at 375 - with weights
2. Remove , sprinkle 1 TBSP cheese on bottom of crust and cool
3. Set oven to 400
4. Cook veggie and/or meat add-ins
5. Whisk together briskly eggs, milk, cream, spices - until slightly foamy...set aside
6. Drain pre-cooked add-ins, and place in pie crust
7. Slowly pour egg mixture into crust -- pouring **through a sieve**
8. **Place carefully on foil-lined, heavy baking sheet** and bake for 15 minutes
9. REDUCE heat to 350 and bake additional 35-40 minutes -- IF crust seems to be browning too much, tent loosely w/foil
10. Remove when firm and browned...cool and slice

# French Meat Pie

## Ingredients

- ½ tsp salt
- 1 cup + 1 ounces ½ -inch diced potato
- 1 lb ground beef
- ½ lb finely ground pork
- 1 cup + 1 ounce ¼ -inch diced onion
- 2 tsps beef soup stock
- 3 TBSPs, plus 1 ½ tsps instant potato powder
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp granulated garlic
- ¼ tsp ground black pepper
- 1 egg, beaten, plus 1 tsp milk, for egg wash

## Directions

1. Cut the dough in half and roll out 1 piece of dough to fit into a 10-inch pie plate. Fit the dough circle into the bottom of the pie pan, pushing it snugly against the edges. Roll out the other piece of dough and set aside until ready to use.

### FILLING

2. Preheat the oven to 350 degrees F and pre-bake crust for 8 minutes
3. Bring a medium pot of salted water to a boil over medium heat. Add the potatoes and blanch until al dente. Drain and set aside to cool.
4. In a large skillet over medium heat, add the beef, pork, and the onions. Brown the meat, then discard the grease. Add the potatoes and moisten the mixture with the beef soup base, as needed. Use the instant potato to tighten the mixture, if needed. Season with cinnamon, nutmeg, garlic, black pepper and 1/4 tsp salt.
5. Pour the filling into the dough lined pie plate. Level it off and cover with the remaining circle of dough. Pinch the edges of the bottom layer and top layer of dough together and create the knuckle-like pie edge ridges. Trim off any excess dough using a sharp knife.
6. Brush the top of the pie with the egg wash. Make a few slits in the top crust to allow the steam to escape.
7. Bake until cooked through and the top of the pie is golden brown, about 45 minutes. Remove from the oven and serve.

# *Veggie-Meat Pie*

## INGREDIENTS

- 1 TBSP worcestershire sauce
- 2 TBSPs tomato sauce
- 2/3 cup beef stock
- 1 TBSP olive oil
- 1 brown onion, finely chopped
- 1.2 lbs ground turkey
- 1 carrot, peeled, grated
- 1 zucchini, grated
- 1/2 cup frozen peas OR corn
- 2 TBSPs plain flour
- ½ cup grated parmesan or Asiago cheese
- 1 large sheet frozen ready-rolled shortcrust pastry, partially thawed
- 1 egg, lightly beaten
- 1 sheet frozen ready-rolled puff pastry, partially thawed
- tomato sauce (optional)

## PREPARATION

1. Combine worcestershire sauce, tomato sauce and stock in a jug. Set aside. Heat oil in a large, non-stick frying pan over medium heat. Add onion. Cook, stirring, for 3 to 4 minutes or until tender. Increase heat to medium-high. Add mince. Cook, stirring, for 5 minutes or until browned. Add carrot, zucchini and peas. Stir to combine. Add flour. Cook, stirring, for 1 minute.
2. Gradually add stock mixture. Bring to the boil, stirring constantly. Stir in cheese and set aside to cool completely.
3. Preheat oven and a baking tray to 210°C. Lightly grease a 4cm-deep, 20cm (base) pie dish. Line base and sides with shortcrust pastry. Spoon cold mince mixture into pastry case. Brush pie edges lightly with egg. Place puff pastry sheet filling to cover. Trim excess pastry and pinch edges together to seal. Brush pie top with egg. Using a sharp knife, make 2 small cuts in pie top.
4. Place pie on hot baking tray (see tip). Bake for 40 to 45 minutes or until top is golden. Serve with sauce if using.

# ***Biscuit-Topped Chicken Potpie***

## **INGREDIENTS**

- 1 TBSP butter
- 2 cups chopped leek
- 1/4 cup chopped shallot
- 3/4 tsp chopped fresh or 1/4 tsp dried thyme
- 1 1/2 cups refrigerated diced potatoes with onions (such as Simply Potatoes)
- 1/3 cup dry white wine
- 1 tsp Dijon mustard
- 1 (14-ounce) can fat-free, less-sodium chicken broth
- 2 cups chopped roasted chicken breast
- 1 1/2 cups frozen or fresh mixed vegetables
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 1/2 TBSPs cornstarch
- 2 TBSPs water
- 2/3 cup half-and-half
- Cooking spray
- 1 1/4 cups low-fat baking mix (such as Bisquick Heart Smart)
- 1/2 cup fat-free milk
- 1 large egg white, lightly beaten

## **PREPARATION**

1. Preheat oven to 425°.
2. Melt butter in a large nonstick skillet over medium-high heat. Add leek, shallot, and thyme; sauté 2 minutes. Add potatoes; sauté 2 minutes. Add wine; cook 1 minute or until liquid evaporates. Stir in mustard and broth; bring to a boil. Cook 4 minutes, stirring occasionally. Stir in chicken, mixed vegetables, salt, and pepper; cook 1 minute. Combine cornstarch and 2 TBSPs water in a small bowl, stirring with a whisk. Add cornstarch mixture and half-and-half to pan. Reduce heat, and simmer 2 minutes, stirring constantly. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.
3. Lightly spoon baking mix into dry measuring cups; level with a knife. Combine baking mix, milk, and egg in a medium bowl, stirring with a whisk. Spoon batter over chicken mixture; spread evenly to cover. Bake at 425° for 20 minutes or until topping is golden and filling is bubbly. Let stand 10 minutes.