



Belgian Leek Tart with Aged Goat Cheese (Flamiche Aux Poireaux)

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



300 kcal

Ingredients

- ☐ 0.8 teaspoon apple cider vinegar
- ☐ 0.5 cup plus 1 tablespoon butter unsalted chilled (1 stick)
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 0.5 cup aged goat cheese crumbled trimmed (such as Bûcheron)
- ☐ 0.5 cup heavy whipping cream
- ☐ 4 tablespoons ice water ()
- ☐ 0.3 teaspoon salt

- ☐ 1.5 cups unbleached all purpose flour
- ☐ 0.5 cup milk whole

Equipment

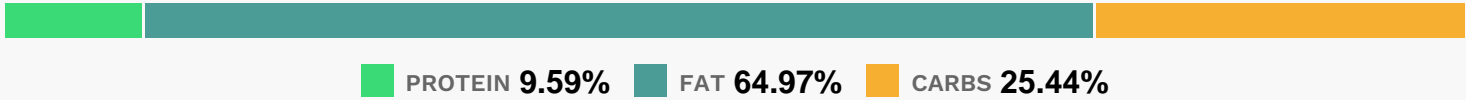
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Combine 4 tablespoons ice water and cider vinegar in small bowl. Blend flour and salt in processor.
- ☐ Add butter and cut in using on/off turns until mixture resembles coarse meal. With machine running, slowly add water-vinegar mixture, processing until moist clumps form. If dough seems dry, add ice water by teaspoonfuls.
- ☐ Gather dough into ball; flatten into disk. Wrap in plastic and refrigerate at least 2 hours. DO AHEAD: Can be made 3 days ahead. Keep refrigerated. Allow dough to soften slightly at room temperature before rolling out.
- ☐ Position rack in center of oven and preheat to 375°F.
- ☐ Roll dough out on lightly floured work surface to 12-inch round.
- ☐ Transfer to 9-inch-diameter tart pan with removable bottom. Press dough onto bottom and up sides. Fold in overhang and press to extend dough 1/2 inch above sides of pan. Line pan with foil and dried beans or pie weights.
- ☐ Bake until dough looks dry and set, about 30 minutes.
- ☐ Remove foil and beans and continue to bake until crust is pale golden, 20 to 25 minutes longer.
- ☐ Remove from oven and cool while preparing filling.
- ☐ Whisk milk, cream, egg, egg yolk, and salt in medium bowl to blend.
- ☐ Sprinkle 1/4 cup cheese over bottom of warm crust; spread leek confit over and sprinkle with remaining cheese.
- ☐ Pour milk mixture over.

- ☐ Bake until filling has puffed, is golden in spots, and center looks set, 35 to 40 minutes.
- ☐ Transfer to rack; cool slightly.
- ☐ Remove pan sides.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:7.0008695378252%

Nutrients (% of daily need)

Calories: 300.1kcal (15%), Fat: 21.74g (33.45%), Saturated Fat: 13.5g (84.37%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 18.52g (6.73%), Sugar: 1.4g (1.56%), Cholesterol: 101.87mg (33.96%), Sodium: 236.68mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.43%), Selenium: 12.33µg (17.61%), Vitamin A: 809.33IU (16.19%), Vitamin B2: 0.26mg (15.49%), Vitamin B1: 0.21mg (14.16%), Folate: 51.65µg (12.91%), Phosphorus: 109.77mg (10.98%), Manganese: 0.18mg (8.95%), Iron: 1.54mg (8.58%), Vitamin B3: 1.48mg (7.41%), Copper: 0.15mg (7.34%), Calcium: 61.9mg (6.19%), Vitamin B5: 0.47mg (4.69%), Vitamin D: 0.7µg (4.68%), Vitamin E: 0.67mg (4.49%), Vitamin B12: 0.25µg (4.24%), Vitamin B6: 0.08mg (3.94%), Zinc: 0.54mg (3.57%), Magnesium: 11.54mg (2.88%), Fiber: 0.63g (2.53%), Potassium: 80.48mg (2.3%), Vitamin K: 1.87µg (1.78%)