



Butternut Squash Tart with Anchovy Vinaigrette

READY IN



120 min.

SERVINGS



8

CALORIES



518 kcal

Ingredients

- ☐ 6 fillet anchovy rinsed
- ☐ 1 large butternut squash
- ☐ 1 pinch cayenne pepper to taste
- ☐ 2 eggs
- ☐ 2.5 cup flour all-purpose
- ☐ 6 sprigs thyme leaves fresh
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 0.3 cup ice water
- ☐ 1 teaspoon kosher salt

- ☐ 0.5 cup olive oil divided as needed
- ☐ 1.5 cup parmesan cheese grated
- ☐ 8 servings salt & pepper as needed
- ☐ 1 teaspoon sugar
- ☐ 1 cup butter unsalted
- ☐ 3 tablespoon citrus champagne vinegar as needed plus more
- ☐ 0.5 cup milk whole

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ aluminum foil
- ☐ tart form
- ☐ pie form

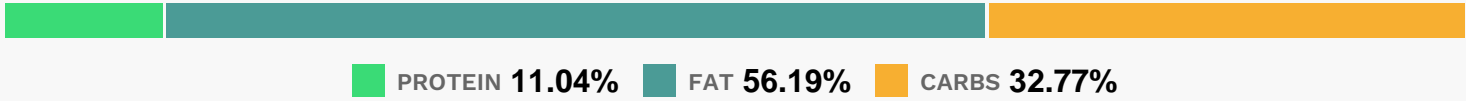
Directions

- ☐ PREPARE THE DOUGH: In the bowl of a food processor, combine flour, 1 teaspoon salt, and 1 teaspoon sugar.
- ☐ Add 1 cup butter, and process until the mixture resembles coarse meal, 8 to 10 seconds. With machine running, add ¼ cup ice water in a slow, steady stream through feed tube. Pulse until dough holds together without being wet or sticky; be careful not to process more than 30 seconds. To test, squeeze a small amount together: If it is crumbly, add more ice water, 1 tablespoon at a time. Divide dough into two equal balls. Flatten each ball into a disc and wrap in plastic.
- ☐ Roll out dough to a 13-inch round on a lightly floured surface. Line a 9-inch pie plate with dough. Trim overhang right to the outer edge of the pan. Or alternatively trim overhang to 1-inch and crimp or flute the edge. Prick bottom all over with fork. Refrigerate for at least 30

minutes, and up to one day.ROAST THE SQUASH: Preheat oven to 400 degrees F.

- ☐ Remove the stem and cut the squash in half lengthwise.
- ☐ Remove the seeds and fibers. Stuff each cavity with salt, pepper, and 3 thyme sprigs.
- ☐ Drizzle a couple tablespoons of olive oil all over the flesh. Turn the halves cut-side down onto a foil-lined tray and roast about 45 minutes to 1 hour (depending on size), until well softened.
- ☐ Combine ½ cup olive oil, white wine vinegar, a pinch each salt and pepper, and 3 of the anchovy fillets in a blender, and turn the machine on. A creamy emulsion will form within 30 seconds. Taste, and add more vinegar if necessary, about a teaspoon at a time, until the balance tastes right.
- ☐ Add shallot, and pulse the blender few times, until shallot is minced within the dressing. Taste, adjust seasoning and serve. (This vinaigrette is best made fresh but will keep refrigerated for a few days. Before using, bring it back to room temperature, and whisk briefly.)MAKE THE FILLING: In a large skillet heat 2 tablespoons olive oil over medium-high heat.
- ☐ Add leeks, 3 anchovies and a generous pinch of black pepper; cook, stirring often, until the anchovies dissolve and the leeks are soft and just beginning to color. About 6 minutes.Once the squash is cool enough to handle scrape out the flesh and add it to the bowl of a food processor.
- ☐ Add the leek mixture, 1-cup Parmesan cheese, 2 eggs, ½ cup milk, 1/8 teaspoon salt, remaining 1 teaspoon thyme leaves, the barest pinch of cayenne pepper. Pulse the mixture 8 or 10 times until it is well mixed and fairly smooth. The leeks should be the only texture.ASSEMBLE AND BAKE: Preheat oven to 350 degrees F.
- ☐ Remove the cold, dough-lined pie pan from the refrigerator.
- ☐ Spread the squash mixture over the entire surface of the tart pan, filling the pan completely. Smooth the top to level and sprinkle the top with the remaining Parmesan cheese.
- ☐ Cut the romaine cross-wise into very thin ribbons. Toss with a bit of the anchovy vinaigrette. Slice the pie into 8 pieces and top each slice with a mound of the dressed romaine.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:41.51, Glycemic Load:22.4, Inflammation Score:-10, Nutrition Score:20.196521904158%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg

Nutrients (% of daily need)

Calories: 518.05kcal (25.9%), Fat: 32.73g (50.36%), Saturated Fat: 18.78g (117.36%), Carbohydrates: 42.94g (14.31%), Net Carbohydrates: 39.87g (14.5%), Sugar: 3.61g (4.01%), Cholesterol: 118.31mg (39.44%), Sodium: 818.01mg (35.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.47g (28.95%), Vitamin A: 10959.47IU (219.19%), Selenium: 22.98µg (32.83%), Calcium: 313.96mg (31.4%), Vitamin B1: 0.42mg (28.28%), Folate: 104.86µg (26.22%), Vitamin C: 21.33mg (25.85%), Phosphorus: 254.01mg (25.4%), Manganese: 0.49mg (24.39%), Vitamin B2: 0.37mg (21.62%), Vitamin B3: 3.96mg (19.79%), Iron: 3.14mg (17.44%), Vitamin E: 2.61mg (17.37%), Magnesium: 55.6mg (13.9%), Potassium: 454.07mg (12.97%), Fiber: 3.07g (12.29%), Vitamin B6: 0.22mg (10.78%), Vitamin B5: 0.91mg (9.11%), Zinc: 1.23mg (8.22%), Vitamin B12: 0.47µg (7.87%), Copper: 0.16mg (7.82%), Vitamin D: 0.91µg (6.05%), Vitamin K: 5.17µg (4.92%)