



Caramelized Onion and Bayley Hazen Blue Galette from 'The Vermont Farm Table Cookbook

READY IN



120 min.

SERVINGS



4

CALORIES



647 kcal

SIDE DISH

Ingredients

- 2 tablespoons add carrot and onion to bacon fat . cook
- 1.3 cups cheese blue crumbled
- 0.3 cup crème fraîche
- 1 large egg yolk lightly beaten
- 1.3 cups flour all-purpose
- 0.5 teaspoon rosemary leaves fresh finely chopped
- 2 garlic clove minced

- 1 pinch granulated sugar
- 0.3 cup water as needed
- 4 ounces butter salted chilled cut into pieces and
- 4 medium onion yellow peeled thinly sliced

Equipment

- bowl
- frying pan
- baking sheet
- oven
- plastic wrap
- butter knife
- pastry cutter

Directions

- Place the flour in a large bowl.
- Cut in the butter with a pastry cutter, two butter knives, or with your fingers, until the mixture begins to form pea-sized pieces.
- Combine the crème fraiche and ice water and add in a steady stream while mixing the dough with your fingertips. If necessary, add a bit more water until the dough holds together, but do not over mix. Turn the dough out onto a clean, floured work surface and form into a ball. Wrap in plastic wrap or waxed paper and refrigerate for at least 20 minutes.
- Meanwhile, preheat the oven to 400 degrees.
- Heat the oil in a large skillet over medium heat.
- Add the onions and sugar and cook for 2 minutes. Reduce the heat to medium-low and continue to cook, stirring frequently, until the onions are soft and golden, 35 to 40 minutes.
- Add the garlic and rosemary and cook for 1 minute.
- On a floured work surface, roll the dough out into a 13-inch round.
- Transfer the dough to an ungreased baking sheet. Evenly spread the onion mixture over the dough, leaving a 1 1/2-inch border. Evenly sprinkle the cheese over the top. Fold the border

over the filling, pleating the edges as you go around. The center will be open.

- Brush the crust with the beaten egg yolk.
- Bake the galette until the crust is golden brown and the cheese is sizzling, about 30 minutes.
- Remove from the oven and let cool for 5 minutes before cutting and serving.

Nutrition Facts



Properties

Glycemic Index:69.77, Glycemic Load:24.42, Inflammation Score:-8, Nutrition Score:15.334347901137%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 22.36mg, Quercetin: 22.36mg, Quercetin: 22.36mg, Quercetin: 22.36mg

Nutrients (% of daily need)

Calories: 646.53kcal (32.33%), Fat: 46.48g (71.51%), Saturated Fat: 27.16g (169.73%), Carbohydrates: 42.65g (14.22%), Net Carbohydrates: 39.7g (14.43%), Sugar: 5.78g (6.42%), Cholesterol: 153.62mg (51.21%), Sodium: 690.62mg (30.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.27%), Selenium: 23.32µg (33.31%), Folate: 115.55µg (28.89%), Calcium: 283.92mg (28.39%), Phosphorus: 273.96mg (27.4%), Vitamin B2: 0.44mg (25.99%), Vitamin B1: 0.38mg (25.62%), Vitamin A: 1183.89IU (23.68%), Manganese: 0.44mg (22.06%), Vitamin B3: 2.9mg (14.51%), Vitamin B6: 0.26mg (12.97%), Iron: 2.33mg (12.96%), Vitamin B5: 1.25mg (12.51%), Zinc: 1.78mg (11.87%), Fiber: 2.96g (11.83%), Vitamin B12: 0.68µg (11.27%), Vitamin C: 8.74mg (10.59%), Potassium: 345.91mg (9.88%), Magnesium: 32.05mg (8.01%), Vitamin E: 1.02mg (6.77%), Copper: 0.13mg (6.44%), Vitamin D: 0.62µg (4.1%), Vitamin K: 3.83µg (3.64%)