

Pissaladiere

READY IN



45 min.

SERVINGS



12

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.8 cups all purpose flour ()
- ☐ 20 fillet anchovy drained
- ☐ 2 bay leaves
- ☐ 0.3 cup butter ()
- ☐ 1 tablespoon yeast dry (from 2 envelopes)
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 20 oil-cured olives black pitted
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 6 pounds onions thinly sliced

- ☐ 4 rosemary sprigs fresh
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 6 thyme sprigs fresh
- ☐ 1 cup warm water (105°F to 115°F)
- ☐ 12 servings orzo meal yellow
- ☐ 12 servings orzo meal yellow

Equipment

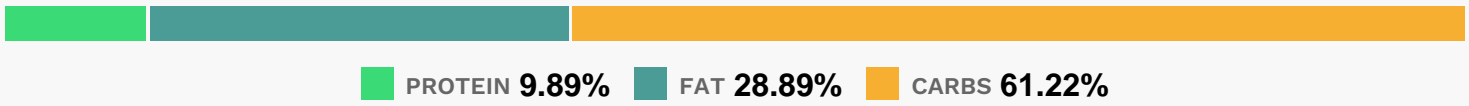
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ kitchen towels

Directions

- ☐ Preheat oven to 350°F.
- ☐ Place butter on heavy large rimmed baking sheet; place in oven until butter melts, about 5 minutes.
- ☐ Spread half of onions on baking sheet; top with 3 thyme sprigs, 2 rosemary sprigs and 1 bay leaf.
- ☐ Sprinkle with salt and pepper.
- ☐ Drizzle with 3 tablespoons oil. Top with remaining onions, 3 thyme sprigs, 2 rosemary sprigs, and 1 bay leaf.
- ☐ Sprinkle with salt and pepper.
- ☐ Drizzle with 3 tablespoons oil (onion layer will be about 2 1/2 inches thick but will settle during baking).
- ☐ Bake until onions are very tender and golden, stirring and turning every 30 minutes, about 2 hours total. Cool. Discard herb sprigs and bay leaves. (Can be made 1 day ahead. Cover; chill. Bring to room temperature before using.)

- ☐ Pour 1 cup warm water into small bowl; sprinkle yeast and sugar over. Stir to blend.
- ☐ Let stand until foamy, about 10 minutes.
- ☐ Blend 2 3/4 cups flour and salt in processor.
- ☐ Add yeast mixture and 2 tablespoons oil; process until dough clumps together, adding more flour by tablespoonfuls if dough is sticky. Process until shiny ball forms, about 1 minute. Turn dough out onto floured work surface and knead until smooth and elastic, about 5 minutes. Coat large bowl with remaining 1 tablespoon oil.
- ☐ Add dough to bowl; turn to coat with oil. Cover with plastic wrap, then kitchen towel.
- ☐ Let rise in warm draft-free area until doubled in volume, about 1 1/2 hours. Punch down dough; cover and let rise until puffed and almost doubled, about 1 hour.
- ☐ Sprinkle heavy 17x11x1-inch baking sheet with cornmeal.
- ☐ Roll out dough on lightly floured surface to 18x12-inch rectangle.
- ☐ Transfer to prepared baking sheet; press edges of dough up along sides and corners of sheet. Cover with dry kitchen towel; let rise until slightly puffed, 1 hour.
- ☐ Preheat oven to 475°F.
- ☐ Spread onions over top of dough. Arrange anchovies and olives atop.
- ☐ Bake until crust is golden, about 15 minutes.
- ☐ Sprinkle with thyme.
- ☐ Cut into 3-inch squares.
- ☐ Serve warm or at room temperature. (Can be made 4 hours ahead; let stand at room temperature.)

Nutrition Facts



Properties

Glycemic Index:26.01, Glycemic Load:20.78, Inflammation Score:-9, Nutrition Score:11.713043578293%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg Kaempferol:

1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 46.04mg, Quercetin: 46.04mg, Quercetin: 46.04mg, Quercetin: 46.04mg

Nutrients (% of daily need)

Calories: 282.19kcal (14.11%), Fat: 9.25g (14.23%), Saturated Fat: 3.29g (20.58%), Carbohydrates: 44.12g (14.71%), Net Carbohydrates: 38.98g (14.17%), Sugar: 10.06g (11.18%), Cholesterol: 14.17mg (4.72%), Sodium: 346.19mg (15.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.25%), Folate: 105.14µg (26.28%), Manganese: 0.52mg (25.87%), Vitamin B1: 0.37mg (24.79%), Vitamin C: 18.6mg (22.54%), Fiber: 5.14g (20.57%), Selenium: 13.41µg (19.16%), Vitamin B6: 0.31mg (15.33%), Vitamin B3: 3.06mg (15.32%), Vitamin B2: 0.24mg (14.17%), Iron: 2.3mg (12.79%), Potassium: 403.42mg (11.53%), Phosphorus: 113.22mg (11.32%), Magnesium: 34.98mg (8.75%), Copper: 0.16mg (8.18%), Calcium: 77.29mg (7.73%), Vitamin E: 0.97mg (6.46%), Zinc: 0.76mg (5.07%), Vitamin B5: 0.51mg (5.06%), Vitamin A: 214.5IU (4.29%), Vitamin K: 3.53µg (3.36%)