



WHATSheATE



Potato-Crusted Goat Cheese Tart with Heirloom Tomato Salad

READY IN



45 min.

SERVINGS



4

CALORIES



434 kcal

Ingredients

- ☐ 1.5 teaspoons all purpose flour
- ☐ 4 servings butter melted
- ☐ 2 bay leaves fresh (preferably)
- ☐ 4 servings thyme leaves fresh chopped
- ☐ 4 ounces coarsely semiaged goat cheese divided crumbled (such as Midnight Moon from Cypress Grove or Onetik Chabrin;)
- ☐ 0.5 cup goat's milk
- ☐ 1 pinch ground nutmeg
- ☐ 1 tablespoon olive oil

- ☐ 1 pound baking potatoes peeled sliced into 1/8-inch-thick rounds
- ☐ 1.5 pounds onions sweet halved thinly sliced (such as Vidalia or Maui)
- ☐ 1 large thyme sprig fresh
- ☐ 4 servings vegetable oil for deep-frying

Equipment

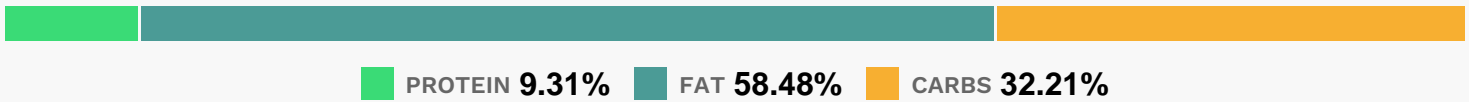
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Melt butter in small saucepan over medium heat.
- ☐ Whisk in flour. Cook 30 seconds, whisking constantly.
- ☐ Whisk in milk and nutmeg. Simmer until sauce thickens and comes to boil, 1 to 2 minutes. Season to taste with salt. DO AHEAD: Can be made 1 day ahead. Press plastic wrap onto surface and chill.
- ☐ Preheat oven to 350°F.
- ☐ Heat chicken fat in large ovenproof skillet over medium-high heat.
- ☐ Add onions; sprinkle with salt. Sauté until onions are light golden, about 14 minutes. Stir in bay leaves and thyme sprig; dot with butter.
- ☐ Place skillet in oven; bake until onions are dark golden, stirring often, about 30 minutes.
- ☐ Transfer onions to bowl; discard bay leaves and thyme sprig. DO AHEAD: Can be made 1 day ahead. Cover; chill.
- ☐ Preheat oven to 375°F. Line large baking sheet with parchment paper. Soak potato slices in large bowl of cold water 15 minutes.

- ☐ Drain well; pat dry.
- ☐ Add enough oil to heavy medium skilletto reach depth of 3/4 inch.
- ☐ Place over mediumheat; attach deep-fry thermometer and heatoil to 325°F. Working in batches, add potatoslices to oil and cook just until softenedbut not brown, about 2 minutes per batch.Using slotted spoon, transfer potato slicesto prepared baking sheet in single layerand sprinkle with salt and pepper.
- ☐ Brush inside of four 4-inch-diameter tartpans with melted butter. Line each pan withoverlapping potato slices. Cover bottom ofeach potato crust with 1/4 of onions; sprinklewith chopped thyme.
- ☐ Spread 1 generoustablespoon béchamel over.
- ☐ Sprinkle eachwith 1 tablespoon goat cheese.
- ☐ Place tarts on small baking sheet.
- ☐ Bakeuntil filling is heated through and potatocrust browns, 18 to 20 minutes.
- ☐ Sprinkleeach with remaining goat cheese.
- ☐ Push up pan bottoms, releasing tarts.Arrange tarts on plates. Spoon Heirloom
- ☐ Tomato Salad alongside and serve.
- ☐ Fresh bay leaves areavailable with other fresh herbs in theproduce section of most supermarkets.Goat's milk is sold at many supermarketsand at natural foods stores.

Nutrition Facts



Properties

Glycemic Index:92.44, Glycemic Load:16.64, Inflammation Score:-9, Nutrition Score:13.771304353424%

Flavonoids

Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg Myricetin: 1.94mg, Myricetin: 1.94mg, Myricetin: 1.94mg, Myricetin: 1.94mg Quercetin: 24.7mg, Quercetin: 24.7mg, Quercetin: 24.7mg, Quercetin: 24.7mg

Nutrients (% of daily need)

Calories: 433.77kcal (21.69%), Fat: 28.84g (44.37%), Saturated Fat: 10.71g (66.92%), Carbohydrates: 35.73g (11.91%), Net Carbohydrates: 32.47g (11.81%), Sugar: 10.93g (12.14%), Cholesterol: 29.87mg (9.96%), Sodium: 171.18mg (7.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.33g (20.66%), Vitamin B6: 0.7mg (35.17%), Vitamin K: 29.25µg (27.86%), Copper: 0.44mg (22.22%), Phosphorus: 218.65mg (21.86%), Potassium: 755.63mg (21.59%), Vitamin C: 17.06mg (20.67%), Manganese: 0.38mg (18.95%), Folate: 61.07µg (15.27%), Vitamin B2: 0.23mg (13.7%), Calcium: 136.57mg (13.66%), Vitamin B1: 0.2mg (13.65%), Magnesium: 52.98mg (13.24%), Fiber: 3.27g (13.06%), Iron: 2.26mg (12.54%), Vitamin A: 543.76IU (10.88%), Vitamin E: 1.47mg (9.77%), Vitamin B3: 1.68mg (8.4%), Vitamin B5: 0.81mg (8.09%), Zinc: 0.94mg (6.28%), Vitamin D: 0.66µg (4.42%), Selenium: 2.84µg (4.06%), Vitamin B12: 0.08µg (1.4%)