



Rustic Fig, Serrano Ham & Hazelnut Tartines

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



405 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 105 g brown rice flour for dusting plus more
- ☐ 2 teaspoons chia seeds
- ☐ 225 g figs black halved
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh
- ☐ 110 g goat cheese

- ☐ 3 tablespoons ground hazelnuts
- ☐ 2 tablespoons hazelnuts
- ☐ 6 tablespoons water
- ☐ 35 g millet flour
- ☐ 1 tablespoon olive oil
- ☐ 0.3 small onion red thinly sliced
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons tapioca flour
- ☐ 40 g watercress

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ rolling pin

Directions

- ☐ Make the crust
- ☐ Combine the first nine ingredients in a food processor. Pulse three times to aerate.
- ☐ Add the cold butter and pulse ten times, until the butter is the size of small peas.
- ☐ Add 6 tablespoons of ice water and pulse. The dough does not need to form a ball. Simply press the dough and see if it comes together. If it seems crumbly, add another tablespoon of ice water.
- ☐ Transfer the dough onto a work surface and knead it a couple of times. Quickly form it into a 6-inch square. Do not handle the dough too much, and don't worry if it isn't a perfect square. Wrap the dough in plastic wrap, flatten it, and refrigerate it for 30 minutes.

- ☐ Preheat the oven to 375°F (190°C).
- ☐ Remove the dough from the refrigerator. It is best to work on a cold surface, such as marble. Dust your surface and your rolling pin with a little bit of superfine brown rice flour.
- ☐ Roll the dough to a rectangle that is approximately 7 by 10 inches and 1/4 inch thick. Again, it doesn't have to be perfect. Work quickly so the dough doesn't become too soft. If it cracks, pinch it back together.
- ☐ Transfer the rolled dough to a baking sheet lined with parchment paper. Trim the edges with a pie cutter if desired. Chill the dough for 20 minutes or until firm.
- ☐ Bake for 20 to 25 minutes, until golden brown.
- ☐ Remove from the oven and let the crust cool while preparing the topping (leave the oven on). I recommend arranging the topping while the crust is slightly warm, as the warmth brings out all the flavors.
- ☐ Prepare the topping
- ☐ Reduce the oven temperature to 350°F (180°C).
- ☐ Place the hazelnuts on a baking sheet and toast them for 5 to 7 minutes or until golden and the skin begins to loosen.
- ☐ Transfer them to a kitchen towel and rub them together to remove their skins.
- ☐ Let them cool. Coarsely chop them.
- ☐ Place the goat cheese in a bowl and quickly stir it to loosen it.
- ☐ Spread over the warm tart.
- ☐ Arrange the figs, ham, watercress, red onion, and toasted hazelnuts over the goat cheese.
- ☐ Drizzle the olive oil and balsamic vinegar over the top.
- ☐ Cut into squares and serve immediately.
- ☐ From Small Plates & Sweet Treats: My Family's Journey to Gluten-Free Cooking by Aran Goyoaga. Text and photographs copyright © 2012 by Aran Goyoaga. Published by Little, Brown and Company.

Nutrition Facts



■ PROTEIN 10.9% ■ FAT 45.16% ■ CARBS 43.94%

Properties

Glycemic Index:100.25, Glycemic Load:12.58, Inflammation Score:-8, Nutrition Score:16.112608707469%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

Nutrients (% of daily need)

Calories: 404.94kcal (20.25%), Fat: 20.92g (32.18%), Saturated Fat: 5.41g (33.8%), Carbohydrates: 45.79g (15.26%), Net Carbohydrates: 40.02g (14.55%), Sugar: 11.08g (12.31%), Cholesterol: 12.65mg (4.22%), Sodium: 546.79mg (23.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.36g (22.72%), Manganese: 1.67mg (83.3%), Vitamin K: 31.67µg (30.16%), Copper: 0.47mg (23.59%), Phosphorus: 233.11mg (23.31%), Fiber: 5.76g (23.05%), Vitamin B6: 0.41mg (20.47%), Magnesium: 72.97mg (18.24%), Vitamin B1: 0.26mg (17.5%), Iron: 2.77mg (15.38%), Vitamin A: 711.81IU (14.24%), Vitamin B3: 2.84mg (14.2%), Vitamin E: 1.8mg (12.02%), Calcium: 114mg (11.4%), Vitamin B2: 0.19mg (10.91%), Zinc: 1.46mg (9.76%), Vitamin B5: 0.97mg (9.73%), Potassium: 326.86mg (9.34%), Vitamin C: 7.58mg (9.19%), Selenium: 5.1µg (7.28%), Folate: 23.67µg (5.92%)