



Smoked Salmon Crème Fraîche Tart With a Cornmeal Millet Crust From 'Whole-Grain Mornings

READY IN



75 min.

SERVINGS



6

CALORIES



468 kcal

Ingredients

- 1 pinch pepper black freshly ground
- 6 tablespoons butter unsalted cold plus more for greasing the pan cut into 1/4-inch cubes,
- 3 tablespoons capers drained
- 0.3 cup crème fraîche
- 3 large eggs beaten
- 0.5 cup cornmeal
- 0.8 cup flour whole wheat white
- 2 tablespoons optional: dill fresh chopped

- 2 cloves garlic minced
- 3 tablespoons water
- 1 teaspoon kosher salt
- 1 cup milk whole
- 0.3 cup millet
- 1 tablespoon olive oil extra virgin extra-virgin
- 6 servings pie crust dough
- 4 ounces salmon smoked cut into small pieces
- 0.5 cup shallots minced (3 medium shallots)

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- whisk
- blender
- plastic wrap
- tart form

Directions

- To prepare the crust: Butter a 9-inch tart pan with 1-inch sides and a removable bottom. Using a food processor fitted with the metal blade, pulse together the cornmeal, flour, and salt.
- Add the butter and pulse until the mixture resembles coarse meal (alternatively, you can use a pastry blender or your fingertips to work the butter into the dry ingredients).
- Add ice water 1 tablespoon at a time and pulse until the dough starts to look like wet, clumpy sand. It's ready if a small piece holds together when squeezed between your fingers. If it still seems too crumbly, add more water, 1 teaspoon at a time. Turn the dough out into a large

bowl and mix in the millet using a fork. Press the dough evenly into the bottom and up the sides of the prepared pan. Chill in the refrigerator for at least 1 hour and up to 1 day.

- Preheat the oven to 375°F.
- Place the prepared crust on a small baking sheet for easy transport to and from the oven.
- Bake the crust for 15 minutes to slightly dry out the top so that it won't get soggy when you add the wet filling. Meanwhile, prepare the filling.
- To prepare the filling: In a small sauté pan over medium heat, warm the olive oil and sauté the shallots until translucent, 2 to 3 minutes.
- Add the garlic and sauté for an additional 1 minute.
- Remove from the heat. In a bowl, whisk together the milk, crème fraîche, eggs, capers, dill, salt, and pepper to make a custard.
- To assemble and bake the tart: Spoon the shallot mixture in an even layer on the bottom of the crust; arrange the salmon across the top evenly.
- Pour in the custard mixture.
- Bake at 375°F until the top is golden brown and the filling is set, 30 to 35 minutes.
- Let cool for 15 to 20 minutes. Unmold the tart onto a serving platter and serve warm or at room temperature. If you have leftovers, cover and refrigerate for up to 3 days.
- Make Ahead: You can bake the crust a day ahead so the next day you simply whisk together the filling, pop the tart in the oven, and serve. If going this route, refrigerate the prebaked crust, covered with plastic wrap. You can also bake the entire tart up to 1 day in advance and allow it to cool, then refrigerate it, covered. To serve, reheat in a 300°F oven until warmed through, 12 to 15 minutes.

Nutrition Facts



PROTEIN 12.25% **FAT 51.43%** **CARBS 36.32%**

Properties

Glycemic Index:47.42, Glycemic Load:11.19, Inflammation Score:-6, Nutrition Score:13.440434860147%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg

Nutrients (% of daily need)

Calories: 468.39kcal (23.42%), Fat: 27.03g (41.58%), Saturated Fat: 12.14g (75.89%), Carbohydrates: 42.95g (14.32%), Net Carbohydrates: 38.18g (13.88%), Sugar: 4.17g (4.63%), Cholesterol: 137.98mg (45.99%), Sodium: 792.88mg (34.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.48g (28.96%), Vitamin D: 4.39µg (29.26%), Selenium: 17.73µg (25.32%), Phosphorus: 214.95mg (21.49%), Manganese: 0.41mg (20.53%), Fiber: 4.77g (19.09%), Vitamin B12: 1.1µg (18.37%), Vitamin B2: 0.29mg (17.29%), Vitamin B6: 0.33mg (16.33%), Iron: 2.51mg (13.92%), Vitamin A: 643.88IU (12.88%), Vitamin B1: 0.19mg (12.51%), Folate: 47.44µg (11.86%), Vitamin B3: 2.34mg (11.69%), Magnesium: 45.28mg (11.32%), Copper: 0.21mg (10.68%), Calcium: 106.18mg (10.62%), Vitamin B5: 1.05mg (10.48%), Vitamin E: 1.43mg (9.53%), Zinc: 1.34mg (8.97%), Potassium: 312.71mg (8.93%), Vitamin K: 5.58µg (5.32%), Vitamin C: 2.26mg (2.74%)