



Tarragon Potato Pie with Haricots Verts

 Vegetarian

READY IN



135 min.

SERVINGS



6

CALORIES



1536 kcal

Ingredients

- ☐ 2 tablespoons ghee
- ☐ 1 egg yolk with 1 tablespoon water, for egg wash beaten
- ☐ 0.3 cup flour for dusting all-purpose
- ☐ 2 tablespoons tarragon leaves fresh finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 garlic clove chopped
- ☐ 0.1 cup grapeseed oil
- ☐ 1 pound haricots verts trimmed
- ☐ 5.5 cups heavy cream

- ☐ 4 large idaho potatoes
- ☐ 1 small onion sliced
- ☐ 2 sheets puff pastry dough square sheets puff pastry) often sold in 17 or 18-ounce packages containing 2 9 or 10-inch
- ☐ 6 servings sea salt and pepper black freshly ground fine

Equipment

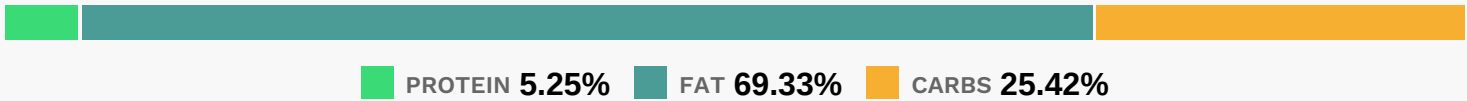
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mandoline
- ☐ pie form

Directions

- ☐ Peel the potatoes and slice them into 1/8-inch rounds, preferably on a mandoline.
- ☐ Heat grapeseed oil in a large saute pan and cook onion it begins to turn translucent, and stir in garlic. Then add sliced potatoes and stir to coat with oil and onion mixture, and allow to cook for a few minutes. Reduce heat and stir in heavy cream. Cover and let cook slowly over low heat until potatoes are tender. Season generously with salt and pepper and stir in fresh chopped tarragon.
- ☐ Remove from heat and set aside to rest and cool.
- ☐ Preheat oven to 375 degrees F. Dust work surface with flour and roll out 2 sheets of puff pastry and cut to the diameter of a metallic pie plate. Shape 1 sheet of the pastry to the dish and add the potatoes. Fill the pastry with the cooled potato mixture.
- ☐ Place the other sheet of puff pastry on top of the pie dish, and seal and flute edges.
- ☐ Brush the top with egg wash.
- ☐ Put the dish on a baking sheet on the oven's center rack and bake until crust is golden brown, about 25 minutes. Allow pie to set up for about 10 minutes before slicing.
- ☐ While the pie is setting up, steam the haricots verts.
- ☐ Heat the clarified butter in a skillet and saute the garlic. Briefly saute the haricots verts with the garlic, season with salt and pepper and remove from heat.

☐ Cut pie into wedges or squares, transfer to serving plate, and arrange some haricots verts in a small bouquet at the pointed end of the wedge or square.

Nutrition Facts



Properties

Glycemic Index:84.13, Glycemic Load:60.35, Inflammation Score:-10, Nutrition Score:35.273043632507%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 1536.13kcal (76.81%), Fat: 120.79g (185.83%), Saturated Fat: 62.03g (387.7%), Carbohydrates: 99.65g (33.22%), Net Carbohydrates: 92.62g (33.68%), Sugar: 11.51g (12.78%), Cholesterol: 291.73mg (97.24%), Sodium: 282.92mg (12.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.6g (41.2%), Vitamin A: 3874.13IU (77.48%), Manganese: 1.23mg (61.31%), Vitamin B6: 1.15mg (57.54%), Vitamin K: 57.34µg (54.61%), Vitamin B2: 0.88mg (51.7%), Vitamin B1: 0.69mg (46.19%), Selenium: 31.57µg (45.1%), Potassium: 1546.1mg (44.17%), Folate: 154.4µg (38.6%), Phosphorus: 370.03mg (37%), Vitamin B3: 7.19mg (35.93%), Iron: 6.34mg (35.22%), Vitamin C: 27.05mg (32.79%), Magnesium: 114.92mg (28.73%), Fiber: 7.03g (28.13%), Vitamin E: 4.18mg (27.84%), Calcium: 249.18mg (24.92%), Vitamin D: 3.65µg (24.35%), Copper: 0.46mg (22.93%), Vitamin B5: 1.6mg (16.04%), Zinc: 2.09mg (13.91%), Vitamin B12: 0.41µg (6.79%)