



Alsace Onion Tart

★★★★★

MacMenu, Tarts

Prep Time : 30 minutes + 90 minutes wait time **Cook Time** : 90 minutes **Difficulty** : Medium **Servings** : 8 small plate **Source** : From the Recipe Collection (www.Macmenu.ca) of Ian and Steph Smith

INGREDIENTS

Special Equipment:

11" x 1½" deep tart pan
pie weights
pastry scraper

Pastry:

2 cups all-purpose flour
4 oz. cold unsalted butter, cut into ½" cubes
¼ cup vegetable shortening
½ teaspoon salt

4 to 5 tablespoons ice water

Onion Filling:

4 oz. bacon slices, cut crosswise into ⅛" wide strips
3 tablespoons unsalted butter
2 lb. onions, halved lengthwise and very thinly sliced crosswise
¾ teaspoons salt
½ teaspoon black pepper

Completion:

1 cup crème fraîche (commercial or a MacMenu recipe)
4 large eggs
nutmeg to taste
½ teaspoons salt
½ teaspoon black pepper

frequently, until the onions are very soft and pale golden, about 20 minutes. Stir in the reserved bacon and then remove from the heat to cool for about 10 minutes.

Completion:

Whisk the ingredients together in a large bowl and then stir in the onions. Pour this filling into the baked tart shell, spreading the onions evenly, and bake until the filling is set and the top is golden, about 25 to 35 minutes.

Serve warm or at room temperature, usually with a small green salad.

NOTES

DIRECTIONS

Pastry:

Pulse the ingredients in a food processor until it resembles coarse meal with some pea-sized butter lumps. Then drizzle evenly with the ice water and pulse again until it is incorporated.

Squeeze a small handful and if it doesn't hold together, add more ice water a half tablespoon at a time, pulsing until just incorporated. Repeat if necessary but don't overwork, or the pastry will be tough.

Turn out mixture onto a lightly floured surface and divide it into 6 equal portions. With the heel of your hand, smear each portion once or twice in a forward motion. Then gather the dough portions together, press them into a ball, and flatten into a disk. Wrap with plastic wrap and chill until the dough is firm, at least 1 hour.

Roll out the dough on a floured surface with a floured rolling pin into a round big enough to fit into and come over the edges of the tart pan with some to spare. Move the rolled dough into the pan and trim the dough, leaving a ½" overhang, then fold the overhang over the pastry, pressing against the side to reinforce the edge. Lightly prick the bottom with a fork and chill until firm, about 30 minutes.

Put the oven rack in a middle position and preheat to 400°F.

Line the chilled pastry shell with foil and fill it with pie weights. Bake until the pastry is set and is pale golden along rim, about 15 minutes. Carefully remove the foil and weights and continue baking until it golden all over, about 15 minutes more. Transfer the shell to a rack to cool.

Onion Filling:

Cook the bacon in a large non-stick skillet over moderate heat, stirring occasionally, until it is crisp, about 8 minutes. Transfer to paper towels to drain and pour off the bacon fat. Add butter to the skillet and cook the onions with the salt and pepper over moderate heat, stirring, until just wilted, about 2 minutes. Cover the surface of the onions with a round of parchment paper, cover the skillet with a tight-fitting lid, and continue to cook, lifting the parchment to stir

frequently, until the onions are very soft and pale golden, about 20 minutes. Stir in the reserved bacon and then remove

The dough (as a disk or fitted into tart shell) can be wrapped in plastic wrap and chilled overnight. Let the disk stand at room temperature for 20 minutes before rolling it out. The tart can be baked a day ahead but cool it uncovered and then cover it to chill overnight. Bring it to room temperature before serving.