


Jerusalem Artichoke Tart

Last week, my friend Catalina from Sunny side up, got me all warmed up with her tarts, and since then, I keep thinking doing one lovely tart. And when i received from my friend Carmen a bag with these jerusalem artichokes, that was the moment when i said: I know! And from  1 kg i did this quiche and some patties that didn't turn out that good. So i'm gonna share with you this easy, delicious recipe that i kinda made it on the way.



For the filling you will need:

- Jerusalem artichokes – 400 – 500g
- Cheese – 200g
- Sour cream – 200g
- Eggs – 3
- Peas – 50g
- Leek – 1 piece
- Salt

For the crust:

- All purpose flour – 250g
- Baking soda – 1 teaspoon
- Salt – 1 teaspoon
- Warm water – 100ml
- Oil – 100ml

Method:

For the pastry you'll have to mix in a large bowl the flour with the salt and baking soda and stir together. Add the warm water mixing it with flour, and then add the oil. Once you have the dough set it aside in a fridge and let's do the filling.

To cook the artichokes you'll have to boil them for 10-15 minutes and then just remove the skin with your hand, when boiled it's very easy to remove the skin. Cut the leek into pieces and fry it for a few minutes in a few drops of oil until soft and tender. Set aside. In another pan boil for a few minutes the peas, about 10 minutes.

Put the eggs in a bowl and beat them lightly, add the sour cream and grated cheese. Mix everything. In the same bowl where you have the filling mix in the peas and artichoke pieces. Roll dough out on a lightly floured surface into a circle that will fit into your pan and cover it's sides. Arrange the leek as a first layer and then pour in the filling.

Put it in the oven for about an hour, until you see that nice colour.

Jerusalem artichokes Power!



Foto: Ionela Stoica