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1190 OLD SALEM RD NE
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Unsweetened Pumpkin Tart - The Citrouillat

It was in the Alice B. Toklas Cookbook that we first encountered an unsweetened pumpkin pie. While this tart contains a bit of butter it's far less rich than Alice's with a cup of heavy cream and rich crust.

Pastry

2 cups sifted all-purpose flour
2 teaspoons dry yeast
3/4 cup lukewarm water
3 tablespoons butter or margarine, melted
1 egg, lightly beaten
1/2 teaspoon salt

Add yeast to lukewarm water with 1/4 cup flour. Stir and let sit in a mixing bowl until bubbly, about ten minutes. Mix 2 tablespoons butter and egg into yeast mixture. Gently add flour and salt to the yeast mixture. It should have the consistency of a soft dough. Do not knead because you do not want to develop the gluten. Form into two balls one slightly smaller than the other. Roll out the larger piece and place in an oiled 10" spring form pan or ceramic tart dish. Brush with some of remaining 1 tablespoon melted butter. Cover loosely with a damp kitchen towel. Set dough for top crust aside until you are ready to fill the tart.

Pumpkin Filling

2 pounds pumpkin or winter squash, peeled and diced in 3/4inch pieces
1/2 teaspoon salt
1 tablespoon olive oil
1 large onion finely chopped
2 cloves garlic, minced or pressed
1/2 teaspoon fresh thyme or 1/4 dried
1 tablespoon chopped fresh sage or 1 teaspoon dried
3 tablespoons chopped parsley
1/4 teaspoon pepper
2 tablespoons instant rice or 1/4 cup cooked rice
1/4 cup grated Parmesan or Gruyere cheese

Sprinkle pumpkin or squash with salt and cook in a steamer for 15 minutes or until tender. Drain steamed pumpkin in a colander while onion is cooking. Heat oil in large nonstick skillet set on medium heat. Add onion and garlic and saute until onion is tender and translucent about 5 minutes. Add pumpkin, thyme, sage, and pepper. Adjust heat to medium high and saute, stirring occasionally until pumpkin dice barely begin to break apart. Preheat oven to 375 degrees. Stir in rice and cheese and place filling in shell. Lightly roll out the top crust and cover, pinching the edges well together, brush with remaining butter. Cut a few slits in the top crust to allow steam to escape. Bake for 35 to 45 minutes on the medium rack until golden brown. Let sit on a cooling rack for ten minutes before serving. Serve warm or cooled as a picnic dish.