



The Art of the Tart

AL FRESCO IS IN FULL SWING. Beaches, parks, and festival grounds are awash with hampers, coolers, and bulging paper bags of picnic fare. We Midwesterners do outside dining well.

Twice this past week I attended concerts at Ravinia. It was beastly hot, but the weather was no deterrent for the throngs dining on those beautiful grounds and their simple to stunningly elaborate settings that dotted the lawn.

My host was grilling shrimp, chicken, and various vegetables, so I had free reign with what I could add. I wanted a big YUM, but something manageable to eat with no messy sauce. I also wanted to take advantage of the remarkable produce we have at this time of year. I scoured the heaping bins at the farmers' market and came home with gorgeous royal purple eggplants and bright green zucchini. I also grabbed some lush tomatoes. Who wouldn't?


Working under the premise that everything good is better on bread, I decided to expand on that theory. Maybe not bread per se, but something with a crust. Why not a tart that could be transported easily and would be equally good hot or at room temperature? This one checked all the boxes. 



PHOTO: GIRMANTAS URBONAS

KATHY HARRISON is a Barrington Hills resident who teaches the fine art of cooking. For more information, call 847-381-4828.

Note: I'm honored to be a part of Quintessential Barrington's team. From the first issue I received in my mailbox, I have been continuously impressed by the style and content of this beautifully crafted periodical. Kudos to Lisa Stamos for her talent and dedication. Happy Anniversary, Q Barrington.

Eggplant and Zucchini Tart in a Rosemary-Flecked Crust

INGREDIENTS:

Crust:

- 1 ¼ cups flour
- ¼ t. kosher salt
- 1 stick unsalted butter, chilled and cut into pieces
- 1-2 T. finely diced fresh rosemary
- ¼ cup ice water

Filling:

- 2 small zucchinis
- 2 small Japanese eggplants (or 1 small globe eggplant)
- 2 onions, halved and thinly sliced
- 2 T. olive oil
- 6 ounces Gruyere cheese, grated or chopped
- ¼ cup grated Parmesan cheese

INSTRUCTIONS

- 1. Make the crust:** Combine the flour and salt in a food processor fitted with the steel blade. Pulse once to combine. Add the butter and rosemary and pulse until the mixture resembles coarse meal. With the machine running, add the ice water through the tube and process just until the dough clumps together. Remove the dough from the bowl and form into a disk. Wrap in plastic wrap and refrigerate for at least 30 minutes or up to 2 days.
- 2.** On a lightly floured surface, roll the dough into a 12-inch circle and fit into a 9- or 10-inch tart pan with a removable bottom. Chill for at least 30 minutes. Preheat oven to 400°. Place a sheet of foil on the pastry and fill with pie weights or dried beans or rice. Bake for 15 minutes. Remove the foil and weights, lightly prick the pastry with a fork, and return the pastry to the oven for 5 minutes until golden. Set aside to cool.
- 3. Make the filling:** Thinly slice the eggplant and zucchini crosswise. Place the slices on several thicknesses of paper towels or in a strainer. Sprinkle with 1 ½ teaspoons kosher salt and let drain for ½ hour. Blot the eggplant and zucchini slices dry. You can also add tomato slices.
- 4.** While the vegetable slices are draining, sauté the onion slices in the olive oil over low heat until the onion is golden and softened. Set aside to cool.
- 5.** Assemble the tart: Preheat oven to 375°. Spread the onion slices evenly on the bottom of the tart shell. Sprinkle lightly with salt and pepper. Top with the grated Gruyere. Arrange the zucchini and eggplant slices in concentric circles over the cheese and sprinkle with Parmesan.
- 6.** Bake the tart in the center of the oven for 45-55 minutes until the crust is brown and the cheese is melted and bubbling. Remove to a rack to cool for several minutes before slicing into wedges to serve. Tart may be served warm or at room temperature.