

ONION AND ANCHOVY TART

Ingredients: bread dough or pre-made pastry shell¹

Bread Dough:

1 tsp. yeast	2 Tbsp. warm water
1 pinch of salt	1 tsp. sugar
2 cups flour	1 tsp. salt
1/2 to 2/3 cup water	

Topping: (Double quantities for the long version)

1 large onion, sliced	2 Tbsp. butter
2 Tbsp. oil	1/2 tsp. salt
1/4 tsp. pepper	1 Tbsp. minced basil
10-12 black olives	12 anchovy filets, rinsed ²

Short Version (pastry shell)

To make the topping, cook the onions in the butter and oil³ until they are transparent. Salt and pepper to taste and add the basil, cooking about 2 min. more. Prick the bottom of the pastry shell with a fork and bake it in a 350-degree oven for 10 min. Pour the onions on the partially-done pastry shell. Arrange the anchovies to divide it into portions and decorate with olives. Finish cooking 10-12 min. more. Serves 8.

Long Version (bread dough)

To make the crust, mix the warm water, pinch of salt, and sugar in a small bowl. Sprinkle with the yeast and mix gently. Wait 5 min. to see if the yeast foams, indicating it is active. If not, try with fresh yeast. In a bowl, mix the flour, salt, water, and yeast mixture to make a dough. Knead the dough for a few minutes until it becomes smooth and no longer sticky. Place it in an oiled bowl, cover with a clean towel, and let rise in a warm place for 1 hr. Spread it out with your hands on a rectangular baking sheet to make a crust. To prepare the topping, double the quantity. Cook the onions in the butter and oil until they are transparent. Salt and pepper to taste and add the basil, cooking about 2 min. more. Spread the onions on the crust and decorate with the anchovies and olives. Bake in a 375-degree oven 20-25 min. Serves 12.

ACTIVITIES

1. Find other recipes from Provence. What ingredients do they have in common?
2. Imagine 5 other recipes that could be made with this crust.
3. What forms can anchovies be purchased in?
4. What kinds of olives do you find at the supermarket? Where do they come from?
5. Prepare several versions of this recipe with different onions and have a tasting. Which do you prefer? Why?

Notes:

- ¹ Most pissaladière recipes describe a kind of pizza, thus with a bread dough crust, but the recipe can be simplified by using a pastry shell.
- ² Most anchovies that are sold in the U.S. are salted. To use them, they can be soaked in cold water, but it must be done carefully because they are very delicate.
- ³ Butter gives more taste but burns at a low temperature. Adding oil permits cooking at higher temperature while keeping the taste of butter.