



What's Cooking Pascal?

Vegetable Tarts

Ingredients for 6 persons

12 red and yellow cherry tomatoes
6 baby zucchini, sliced
1 small eggplant, diced
1 red pepper, diced
1 yellow pepper, diced
1 green pepper, diced
6 red and yellow fine peppers
2 garlic cloves, chopped
2 tablespoons olive oil
Salt, freshly ground pepper
10 ounces feta cheese
1 teaspoon anise seeds, crushed
1 bunch basil, chopped



Pastry

1 cup flour
6 tablespoons unsalted butter, diced
1 pinch salt
¼ cup water

Preparation

Preheat oven to 400°F.

To prepare the pastry dough, combine the flour, butter and salt. Mix with a fork or pastry blender until butter is combined with flour. Slowly add enough water to make a smooth dough. Grease six 3-inch tart pans with removable bottoms. Roll out the dough and cut into six 5-inch circles. Line each tart pan with dough and trim the edges. Prick the bottom of each pan several times with a fork. Bake in preheated oven for 10 minutes or until golden; set aside.

Place all the vegetables on a parchment-lined baking sheet. Mix the garlic, olive oil, salt and pepper; brush on vegetables. Roast the vegetables for about 30 minutes or until cooked.

In a bowl, mix the feta cheese, the anise seeds and half the basil until smooth. Divide cheese mixture evenly into tart pans and bake for 10 minutes. Remove from oven and top with roasted vegetables. Bake 10 minutes longer. Sprinkle remaining basil and ground pepper on warm tarts just before serving.

Bon Appétit,

Pascal Courtin