



Asparagus Tart

Ingredients

Tart dough (or use pre-made)

- 1 cup all purpose flour
- ½ tsp salt
- 1½ TBSP vegetable shortening
- 4 TBSP butter, cut into small cubes and put in freezer
- 3-4 TBSP ice water
- Flour for rolling

Filling

- 1 TBSP olive oil
- ½ red onion, thinly sliced
- Salt & pepper
- ½ pound asparagus, end discarded & sliced into 1 inch lengths
- 3 large eggs
- 1 cup half and half (or cream!)
- 1 ¼ cup Gruyere or parmesan grated

Instructions

1. Preheat oven to 425F. If using pre-made crust, pre-bake for 8-10 minutes.
2. If making the crust, combine flour and salt. Add shortening and 1 TBSP cubed butter and mix until fully incorporated into flour. Add last 3 TBSP butter and mix until it barely comes together. Work the dough as little as possible. Add 3 TBSP ice water. If it won't come together, add another 1 TBSP. Shape the dough into a disk, cover with parchment and let rest in refrigerator for at least 30 minutes before using.
3. If refrigerated for longer than 30 minutes, let dough rest at room temperature for 10 minutes. Roll out on a floured surface. Lay it on the pie or tart pan. Trim and crimp the edge. Pre-bake with parchment paper or foil and fill with pie weights or 1 cup dried beans. Bake for 8-10 minutes.
4. Adjust oven heat to 375F.

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5. While crust is pre-baking, heat oil over medium heat in large saute pan and add onions, $\frac{1}{4}$ tsp salt & a few pinches pepper. Saute until onions are soft, 7-8 minutes. Add the asparagus, $\frac{1}{4}$ tsp salt and a few pinches of pepper. Cook until asparagus is tender about 7-8 more minutes.
6. Beat eggs in large bowl, add half and half and $\frac{1}{4}$ tsp salt and a few pinches of pepper.
7. Sprinkle 1 cup of cheese on bottom of the pre-baked pie crust and spread the asparagus and onion over it. Pour the egg mixture over and sprinkle with remaining cheese. Bake for about 40 minutes until golden and set. Let rest a few minutes. Enjoy!

The story behind the recipe

We have been making this Asparagus Tart since 2016! It is from one of our favorite cookbooks, Field of Greens by Annie Somerville from the Greens Restaurant in San Francisco. The Tart Dough is a 'no fail pie crust recipe that we use for all kinds of things - galettes, empanadas, other types of pies.