

savoury roasted tomato tart

For best results, use a 9-inch or 10-inch fluted tart pan with a removable bottom or spring-form pan. A regular old pie plate will work too, although you can't take the whole thing out and admire it.

INGREDIENTS

roasted tomatoes

2 lbs (12 medium) plum tomatoes, quartered lengthwise
2 Tablespoons olive oil
1/2 teaspoon sea salt
1 Tablespoon balsamic vinegar

crust

1/2 cup pine nuts or cashews
1/2 cup oatmeal
1/2 teaspoon baking powder
1/2 teaspoon salt
1-1/4 cup whole wheat flour
1/4 cup olive oil
3 Tablespoons unflavoured soy or almond milk

filling

1 Tablespoon olive oil (for sautéing)
1/4 cup olive oil (for mixture)
5 garlic cloves, minced
1 15-oz package firm tofu
2 teaspoons lemon juice
1 Tablespoon cider vinegar
2 Tablespoons rice vinegar
3/4 teaspoon salt
black pepper to taste (optional)
1/3 cup fresh dill, chopped
(or 2 Tablespoons dried dill if fresh is unavailable)

DIRECTIONS

tomatoes

Preheat the oven to 400F.
Line a rimmed baking sheet with parchment paper and spread the tomatoes on it. Drizzle with olive oil and sprinkle with salt. Toss gently and arrange cut side up.
Roast for 35 minutes total, rotating after 20 minutes. Remove from the oven and sprinkle with balsamic vinegar and set aside.

crust

Reduce oven to 350F.
Lightly grease 9-inch or 10-inch tart pan.
Put the nuts, oats, baking powder and salt in a food processor and blend for about 30 seconds or until the oats are ground.
Transfer to a bowl and mix in the flour.
Add the olive oil and mix with a fork or your fingers until all the flour is moistened.
Stir in the soy or almond milk and squeeze the pastry together with your hands. It should be moist and hold together. If it seems crumbly add a little more liquid.
Press the pastry evenly into the tart pan.
Trim excess pastry. Prick the bottom of the crust with a fork several times.
Bake at 350F for 12 minutes or until the pastry is set but not cooked through.
Remove from oven and set aside.

filling

Saute the onion and garlic in 1 Tablespoon olive oil for about 5 minutes or until softened. Remove from heat.
Rinse the tofu and pat dry. Crumble it into a food processor with the lemon juice, vinegars, salt, 1/4 cup olive oil and half the onion garlic mixture. Blend until smooth and add the dill and the rest of the onion garlic mix and pulse briefly to combine.
Spread the filling evenly in the tart crust and arrange the tomatoes on top, cut side up.
Bake for approx. 45 minutes at 350F until filling is set and crust is golden.
Cool for 15 minutes, then remove from pan.
Serve warm or at room temperature.

adapted from Amy Chaplin's book:
at home in the whole food kitchen