



## **French Tomato Tarte aux Mustard + Grapefruit Basil Niçoise Salad + Grapefruit Basil Spritz**

By Dylan Sabuco

**Prep Time** 30 / **Cook Time** 15 / **Serves** 6 - 12

### **Shopping List**

#### ☐ FRESH

☐ 1 1/2 C cherry tomatoes (1/2 C optional for salad)

☐ 1 rosemary sprig

☐ 1 bunch of basil leaves (16 leaves)

☐ 2 grapefruit

☐ 3 C romaine lettuce

☐ 1 cucumber (optional salad ingredient)

#### ☐ FROZEN

☐ 1 pkg frozen puff pastry **\*\***(for GLUTEN ALLERGY sub gluten-free pie shells, like Wholly Gluten Free brand)**\*\***

#### ☐ DAIRY

☐ 3 T grated Parmesan cheese (optional) **\*\***(for DAIRY ALLERGY sub dairy-free cheese, like Daiya)**\*\***

#### ☐ PANTRY

☐ 4 T dijon mustard

☐ 6 T olive oil

☐ 3/4 C granulated sugar

☐ 3 C sparkling water

☐ salt and pepper

- ☐ 1 8-oz can or jar Kalamata or black olives, in water/brine
- ☐ 1 8-oz can green beans (optional salad ingredient)
- ☐ 1 8-oz can cannellini beans (optional salad ingredient)
- ☐ 1 8-oz can artichoke hearts, in water/brine (optional salad ingredient)

## Fun-Da-Mentals Kitchen Skills

**bake:** to cook food with dry heat, as in an oven.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**chop:** to cut something into small, rough pieces using a blade.

**emulsify:** to convert two or more liquids into an emulsion. What is an emulsion, you ask? It is a fine dispersion of teeny tiny droplets of one liquid into another. It's what allows oil and vinegar to mix and not separate.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**chop:** to cut something into small, rough pieces using a blade.

**juice:** to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

**toss:** to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**zest:** to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

**juice:** to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

**simmer:** to cook a food gently, usually in a liquid, until softened.

## Equipment

- ☐ Oven
- ☐ Muffin pan
- ☐ Medium saucepan
- ☐ Cutting board + kid-safe knife

- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Bowl or liquid measuring cup
- ☐ Pastry brush
- ☐ Small mixing bowl
- ☐ Whisk
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Small saucepan
- ☐ Liquid measuring cup
- ☐ Pitcher

## Ingredients

### French Tomato Tarte aux Mustard

- ☐ 1 C cherry tomatoes
- ☐ 1 rosemary sprig
- ☐ 6 basil leaves
- ☐ salt and pepper, to taste
- ☐ 1 pkg frozen puff pastry, thawed **\*\*(for GLUTEN ALLERGY sub gluten-free pie shells, like Wholly Gluten Free brand)\*\***
- ☐ 3 T dijon mustard
- ☐ grated Parmesan cheese, for sprinkling on top (optional) **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free cheese, like Daiya)\*\***
- ☐ 3 T olive oil

### Grapefruit Basil Niçoise Salad

- ☐ 3 T olive oil
- ☐ 1 tsp dijon mustard
- ☐ 1 grapefruit, zested and juiced
- ☐ 1 tsp sugar (or honey)

- ☐ salt and pepper, to taste
- ☐ 3 C romaine lettuce, chopped
- ☐ 1/2 C Kalamata or black olives, chopped
- ☐ 10 basil leaves, ripped
- ☐ Additional ingredients (choose one or more):
- ☐ 1/2 C green beans, chopped
- ☐ 1/2 C cannellini beans
- ☐ 1/2 C cherry tomatoes, chopped
- ☐ 1/2 C artichoke hearts, canned or brined
- ☐ 1 cucumber, diced

### Grapefruit Basil Spritz

- ☐ 1 grapefruit, juiced
- ☐ 6 basil leaves
- ☐ 1/2 C white sugar
- ☐ 1/2 C water
- ☐ 3 C sparkling water
- ☐ 3 C ice (optional)

## Food Allergen Substitutions

### French Tomato Tarte aux Mustard

**Gluten/Wheat:** Substitute Wholly Gluten Free Pie Shells (2 Count) for puff pastry.

**Dairy:** Substitute dairy-free/nut-free cheese (like Daiya brand) for optional Parmesan cheese.

### Grapefruit Basil Niçoise Salad

### Grapefruit Basil Spritz

## Instructions

### French Tomato Tarte aux Mustard

### preheat oven

Preheat your oven to 375 °F.

### chop + rip + combine

Roughly chop **1 cup cherry tomatoes**, rip **6 basil leaves**, and chop **1 rosemary sprig** and combine in a medium saucepan with salt and pepper to taste and **3 tablespoons of oil** over medium heat.

### sauté + transfer + cool + smash

Sauté the ingredients for 5 minutes before transferring to a bowl or liquid measuring cup. Allow to cool for a few minutes before smashing the tomatoes gently with a spoon. Set the tomato filling to the side while you prepare the dough.

### divide + stretch

Unwrap **1 package of puff pastry** (thawed) and divide it so you have 12 equal-sized pieces. Stretch each piece of dough to make 12 flat discs.

### press + shape

Place the discs into the muffin pan wells, pressing the dough to create a cup shape.

### brush + fill + sprinkle

Brush each dough cup with a bit of the **1 tablespoon of Dijon mustard**. Once the mustard has been divided into each cup, place 1 tablespoon of the tomato filling into each cup. Sprinkle a bit of Parmesan cheese (if using) on each tomato tarte cup.

### bake + cool + serve

Bake the tarts for roughly 10 minutes or until golden brown in your preheated oven. Remove the tarts and cool for a few minutes before serving.

## Grapefruit Basil Niçoise Salad

### vinaigrette: combine + whisk + emulsify

Combine **3 tablespoons olive oil**, **1 teaspoon Dijon mustard**, half the juice of **1 grapefruit** (reserve the rest in your pitcher for the drink later), **1 teaspoon sugar**, and salt and pepper to taste in a mixing bowl and begin whisking. Whisk until smooth and completely mixed. (Tip: Whisking oil and grapefruit juice together will create a semi-permanent emulsion, but adding Dijon mustard will hold the mixture together permanently and create a creamy texture.)

### salad: chop + rip + toss

Chop **3 cups of romaine** and **1/2 cup of olives**, rip **10 basil leaves**, and add to a large mixing bowl. Add all of your additional selected ingredients, then gently toss the salad together with a wooden spoon.

drizzle + serve

Finally, drizzle the grapefruit vinaigrette over the top of the salad and serve!

## Grapefruit Basil Spritz

combine + simmer

In a medium saucepan, combine **1/2 cup sugar**, **1/2 cup water**, the juice of **1 grapefruit** (and any grapefruit juice reserved from the Grapefruit Basil Niçoise Salad), and **6 basil leaves** and simmer over medium heat for 5 minutes.

discard + transfer + add

Discard the basil leaves and transfer the syrup mixture to your pitcher to cool before adding the ice and sparkling water.

add + stir + serve

Once the syrup has cooled down enough, add **3 cups of sparkling water** and **3 cups of ice**, if using. The drink only needs a few stirs, and it's ready to serve!

## Featured Ingredient: Tomato!

Hi! I'm Tomato!

"I'm a beautiful, juicy red Tomato. Do you pronounce my name: "tuh-may-tow" or "tuh-mah-tow?" Either way you slice it (or say it), we tomatoes are wonderfully adaptable. You'll find us fresh or cooked on sandwiches, in salads, tacos, soups, stews, sauces, and much more."

### History & Etymology

The tomatoes we have now descended from the pea-size fruit of wild plants that grew in western South America. Mesoamericans were the first to domesticate the tomato plant sometime before 500 BCE. Hernán Cortés, a Spanish conquistador, may have brought tomatoes back to Europe in the 16th century after conquering the Aztec city, Tenochtitlan (now Mexico City).

Tomatoes cultivated in North American colonies in the early 1700s may have been introduced from the Caribbean. Thomas Jefferson also brought tomato seeds back from France. Before tomatoes were used in cooking, the plants were used ornamentally due to some people's beliefs that they were poisonous. One reason for this error was that tomatoes come from the nightshade family, including the belladonna plant (or deadly nightshade), which has highly toxic leaves and berries. Another reason may be that the pewter plates they used back then adversely reacted to the acid in tomato juice.

China is by far the largest producer of tomatoes in the world. In the United States, California and Florida produce the most tomatoes.

The American and British pronunciations of "tomato" were made famous by an Ira and George Gershwin

song from 1937 called "Let's Call the Whole Thing Off." Americans pronounce the word "tuh-may-tow," and the British say "tuh-mah-tow."

The word "tomato" comes from the Spanish, French, or Portuguese "tomate," from the Nahuatl "tomatl."

## Anatomy

The tomato is a berry from the tomato plant (*Solanum Lycopersicum*), a perennial vine. It is part of the Solanaceae family, like the potato, pepper, eggplant, and petunia. Since it is a berry, it is a fruit, although mainly used as a vegetable.

A tomato's color is usually red but can also be yellow, orange, green, or purple. Tomatoes can be spherical, oval, or pear-shaped. Their flesh is pulpy with cavities, called locules, that hold the seeds.

There are more than 10,000 tomato varieties. Some are hybrids, and some are heirlooms. An heirloom tomato is a variety that has been grown for generations on a family farm rather than commercially.

Unfortunately, in the past 40 years, many heirloom varieties have been lost, along with the smaller family farms that grew them. However, hundreds of heirloom tomato varieties are still available.

## How to Pick, Buy, & Eat

If you are growing your own tomatoes, pick them from the vine while still firm, with a slight give, and before their ripe color (usually red) deepens too much. While holding the fruit, twist it off the stem until it snaps off. The leaf on top of the tomato (the calyx) and part of the stem will come with it. You can also snip it off using garden scissors.

When you choose tomatoes at the store, pick fruit that has smooth, brightly colored skin with no cracks or bruises, is firm but gives with slight pressure, is heavy for its size, and has a pleasant, aromatic smell.

Avoid tomatoes with pale or dark spots.

Store tomatoes at room temperature, as their flavor will decrease in a refrigerator's cold temperature. Wait to wash them until you are ready to use them.

If you plan to make a tomato sauce or soup using fresh, raw tomatoes, you will want to peel them first.

This can be difficult without some preparation: First, put a pot of water on the stove to boil and fill a large bowl with cold or icy water. Next, after washing the tomatoes, use your knife to cut a shallow 'X' through the skin at the top or bottom of each one. Then use a slotted spoon to place the tomatoes into the boiling water until the skin begins to loosen and peel back at the incision, about 30 to 60 seconds. Finally, immediately dunk them into the ice water. The skin should peel easily now. You can also remove the seeds by cutting the peeled tomatoes in half and scooping the seeds out with a spoon.

Tomatoes are versatile vegetables for cooking. Ripe tomatoes can be prepared fresh, stuffed, baked, boiled, or stewed, and they are the base for many sauces. You can also pickle green, unripe tomatoes, add them to salsa or bread and fry them.

## Nutrition

Tomatoes are a moderate source of vitamin C, and cooked tomatoes are high in lycopene, an antioxidant, which may help protect your body's cells from damage, strengthen your immune system, and prevent some diseases.