

Cauliflower Tart

A



perfect appetizer to serve to a crowd, this creamy dish is a delightfully indulgent addition to holiday dinners.

Ingredients:

For tart shell:

- 1 1/2 cups Cup4Cup flour or other gluten-free flour
- 1 teaspoon kosher salt
- 1/2 cup butter, cubed and cold
- 1 large egg
- 1/4 cup cold buttermilk

For mascarpone filling:

This Recipe

Skill Level: **Beginner**

Serves: **6 to 8**

Start to Finish: **2 hours**

1/2 cup mascarpone cheese
1 large egg
1/4 teaspoon kosher salt
Freshly ground pepper
1 head cauliflower, cut into small florets
2 tablespoons canola oil
2 teaspoons fresh parsley, chopped
1/2 cup almonds, toasted
1 lemon

Directions:

1. Place flour and salt into a food processor and pulse to evenly distribute. Add butter to flour mixture, pulsing until mixture resembles coarse meal. Place mixture into a large bowl and set aside.
2. Combine egg and buttermilk together in a small bowl. Create a well in flour mixture, gradually whisk in egg mixture with a fork. Mix until dough forms a ball. Wrap dough in plastic wrap and refrigerate for 30 minutes.
3. Using extra flour to prevent sticking, roll the dough to about 1/8-inch thick. Drape crust over a 9-inch round or 13x4-inch rectangular tart pan. Press dough gently into the corners of the pan. Trim away any overhanging dough.
4. Bake in a preheated 350-degree oven until the edges are light golden brown. Remove and cool.
5. Turn oven up to 425 degrees. Toss cauliflower florets with 2 tablespoons canola oil in a bowl. Spread florets onto a baking sheet and bake until florets are deep golden brown, stirring frequently to prevent burning.
6. Meanwhile, mix together mascarpone cheese, egg and salt until smooth. Season to taste with pepper. Spread mascarpone filling evenly into tart shell. Bake for 6 to 8 minutes until filling has just set and is golden brown. Remove from the oven.
7. Place roasted cauliflower florets into a bowl and toss with chopped parsley and almonds. Season to taste with salt.
8. Place cauliflower mixture on top of tart. Bake for another 5 to 8 minutes to heat through. To serve, zest lemon over tart, slice and enjoy.

Recipe provided by Lena Kwak, founder of [Cup4Cup](http://cup4cup.com)(<http://cup4cup.com>).
