

FOOD



Gammon and Cheese Galettes

Ingredients:

- 320g of puff pastry, ready rolled
- 175g of gammon, cooked and finely diced
- 150g of cheddar, thinly sliced or grated
- mustard, English or Dijon (*optional*)

Directions:

1. Preheat the oven to 250°C/gas mark 9. Line two baking trays with greaseproof paper
2. Stamp out circles from the pastry with a biscuit or scone cutter – I used a 7.5cm

cutter.

3. Spoon some chopped gammon into the middle of each pastry circle, and then add the cheese. If using the mustard, spread it over the middle of the pastry before adding the ham and cheese filling.

4. Bring the edges of the pastry up and fold around the edge of the filling, leaving the middle of the galettes open. Place them all on the lined baking trays, making sure they don't touch each other.

5. Bake for 8-10 minutes, or until well puffed up and golden brown. Serve warm.

Zucchini and Carrots Roses Tart



Ingredients:

- 1 roll puff pastry
- ricotta cheese 0.8 lb. (350gr.)
- 2 eggs
- Parmesan cheese 3 oz. (80gr.)
- a pinch of nutmeg
- Extra Virgin oil of Olive 2 Tbsp

- fresh oregano 1 Tbsp
- mozzarella cheese 4.5 oz. (130gr.)
- 4 multi color carrots
- 2 zucchini

Instructions:

1. Tart base-- unfold a puff pastry sheet on a tart pan (cover all the surface). Place a parchment paper foil in the center and place on top of it some kind of weight (seeds, dry beans).

2. Bake the tart base in the preheated oven at 350F/180C for 15/20 minutes. Remove the seeds/dry beans and the parchment paper. Let it cool down.

3. Tart filling-- in a medium bowl add the eggs, the ricotta cheese, the grated parmesan cheese and the grated nutmeg. Adjust with a pinch of salt. Also add the mozzarella in cubes and the fresh oregano. Mix everything up until smooth.

4. Roses-- slice the zucchini and the carrots for their length using a potato peeler or a mandolin. Place the slices in a bowl and cook in the microwave for 1 minute. This step will make the slices very soft and much easier to roll: they will not break while rolling.

5. Spread the cheeses' cream on top of the tart base.

6. Take one long slice of a vegetable (I started with the zucchini) and roll it on itself very tightly. That's the core of our rose. Take another slice and keep rolling. With only 2/3 slices you should obtain a nice rose bud. Place the bud in the center of the tart: the cheesy cream will act like a glue and the vegetable bud will stay in place no problem. Repeat, creating rose buds of different colors/vegetables and placing them one next to the other in a spiral. You will create a beautiful and colored vegetable field of roses.

7. Brush some extra virgin oil of olive on top of the vegetables and bake the tart in the preheated oven at 380F/200C for 50 minutes.

8. Use a sharp bread knife to cut the tart into pie slices. Serve warm or cold (the latter perfect for a picnic).

Note: If using small tart tins or muffin tins reduce cooking time to 30 minutes.

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