

Tomato, Corn and Cheese Galette with Fresh Basil

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: servings

Ingredients:

For the galette

1 ¼ cups all-purpose flour
⅓ cup fine yellow cornmeal
1 teaspoon sugar
1 ¼ teaspoon salt
6 tablespoons unsalted butter, cut into ½ inch pieces and chilled
3 tablespoons olive oil
¼ cup ice water

For the filling

2 tablespoons olive oil
1 large red onion, thinly sliced
Kosher salt
Freshly ground black pepper
2 cloves garlic, finely chopped
½ bunch basil, washed, dried and coarsely chopped + 10 whole leaves, chiffonade
2 ears of corn, kernels only, about 1 cup
1-2 large ripe tomatoes, cut into ⅓ in slices
3 ounces Fontina cheese, shredded
1 large egg yolk mixed with 1 teaspoon milk



Method of Preparation:

For galette

1. In a medium bowl, mix together the flour, cornmeal, sugar and salt.
2. Add the cut, chilled butter and blend until evenly distributed. (Use a standing mixer, food processor or pastry blender for this step). Add the olive oil and ice water and mix until the dough begins to come together.
3. Gather the dough with your hands and shape it into a disk. Wrap the disk in plastic and refrigerate for at least 1 hour.

For the filling

1. Heat olive oil in a sauté pan, over medium heat. Add sliced onion, until lightly browned, about 10 minutes. Season with salt and pepper. Add the garlic, chopped basil, and corn, cook for 30 seconds. Transfer mixture to a bowl and set aside.
2. Adjust oven rack to the center position and heat oven to 375 degrees. Line a baking sheet with parchment paper.
3. Roll dough on a floured surface into a 15-inch round, lifting dough with a metal spatula as you roll to make sure it's not sticking. If it sticks, dust the surface with flour.
4. Spread the onion and corn mixture over the dough, leaving 2-inch border without filling. Sprinkle the cheese over the onions and corn. Arrange the tomatoes in a single layer on the cheese and season them with salt and pepper. Lift the edge of the dough and fold them inward over the

filling, pleating as you go. Pinch together any torn sections in the dough. Brush the egg yolk and milk mixture over exposed crust.

5. Bake until the crust has browned the cheese has melted, 35-45 minutes. Slide the galette off the parchment and onto a cooling rack. Let cool for 10 minutes.
6. Cut galette into wedges and sprinkle with chiffonade basil.
7. Serve.

Chef's note: You can use store-bought dough, such as the kind that comes in a cylinder can that you "pop" open, but you will lose the taste and texture that the galette dough recipe provides.

Nutritional Analysis:

Calories: 477

Carbohydrates: 27 g

Sodium: 938 mg

Protein: 9 g

Fat: 36 g

Fiber: 2 g