

# Vegan Sweet Potato Tart with Herbed Tomato Concasse



This delicious recipe comes from Chef Mark Shadle of GMonkey and G-Zen Restaurant. It has three parts then you assemble them in layers. Start with the tomato concasse, which is basically an easy gourmet tomato paste, since it takes the most time (most of it waiting for it to cook). While the tomatoes are cooking, you can make the dough and blanch the sweet potatoes. It's not tough to make and will satisfy the crowds.

## INGREDIENTS & DIRECTIONS

### Tomato Concasse

3 tbsp olive oil  
2 tbsp minced garlic  
1 cup onions, diced  
8 tomatoes, peeled and chopped  
2 bay leaves  
Pinch of thyme  
Salt & pepper to taste

Heat oil in pan and saute the onions & garlic until golden.  
Add tomatoes, bay leaves, thyme, and salt and pepper.  
Cook uncovered on low heat for 45 minutes or until liquid is gone.

### Dough (for 8" or 9" Pie Pan)

1 cup pastry flour or white flour  
2 tsp salt  
½ cup cold butter (vegans can use Earth Balance or preferred vegan brand), cut into cubes  
½ cup ice water

In a mixer with a paddle attachment (not a blender or food processor), mix flour, salt, and butter together. Add water to form dough.  
Refrigerate this mixture to help make it easier to roll out. If you've made dough by hand before, feel free to go that route.  
Roll out dough on a floured surface to ½ inch thick and 10 inches in diameter and place in an 8 inch or 9 inch pie pan.

### Sweet Potatoes

2-3 large sweet potatoes

Boil about 4 quarts of water.  
Peel and slice sweet potatoes like giant coins.  
Blanch them (boil them quickly) until half way cooked, about 1 minute. Use a slotted spoon to remove them from boiling water and place them into the ice water to stop them from cooking.  
Remove slices from ice water and place on paper towel, pat dry.

### Assembly

Preheat oven to 350°.  
Spread tomato concasse evenly onto dough in pie pan.  
Place sweet potato coins in a circular pattern on top of the tomato concasse, slightly overlapping each piece, until top is covered.  
Brush lightly with olive oil and sprinkle with a little salt & pepper.  
Place in oven for 45 minutes or until golden brown and dough is cooked.  
Serve soon after removed from oven.

# Market Shopping List

While some of the ingredients for this recipe aren't available at the same time in Connecticut, it's worth noting that there will likely be a sweet spot one Sunday when they are all available, and there will always be at least a few available!

- Crushed Canned Tomatoes - For a limited time in June from Oxen Hill Farm - Use 'em til the fresh ones are out later in the summer.
- Garlic (June-Oct) - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, CT Valley, Oxen Hill, Riverview, Wayne's Organic
- Olive Oil (June-Oct) - Ariston, Capa di Roma
- Onion (June-Oct) - June onions from Apis Verdi, Blueberry Hill Organics, then July-Oct from 18th C. Purity, Apis Verdi, Bluebird Hill, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Sweet Potatoes (September - Oct) - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, Easy Pickin', Oxen Hill, Riverview
- Tomatoes (18th C. Purity, Apis Verdi, Bluebird Hill, Blueberry Hill Organic, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic

Other ingredients - **Highland Park Market of Coventry (it's right on your way home!)**



This project was funded in part by the Connecticut Department of Agriculture through the Community Investment Act.