



CRAIG LEE / *The Chronicle*; styled by CINDY LEE

Artichoke & Black Olive Tart

Serves 6-8

The artichokes are marinated in olive oil and seasonings before being placed in the tart, which adds another layer of flavor, but you can also purchase olive oil-marinated olives from most market olive bars. There is just enough cheese mixture to spread across the bottom of the tart, holding all in place. A plate of young radishes or a salad that includes arugula or baby spinach, is a good accompaniment.

- 1 lemon
- 12 to 15 baby artichokes
- 2 tablespoons extra virgin olive oil
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 2 teaspoons minced parsley
- 2 teaspoons fresh thyme leaves
- 1 sheet frozen puff pastry, thawed according to package directions
- 3 ounces soft goat cheese at room temperature
- 1 large egg, beaten
- 2 tablespoons whole milk or half-and-half
- 20 to 25 black oil-cured Mediterranean style olives, pitted
- 3 tablespoons freshly grated Parmesan cheese

Instructions: Remove enough zest from the lemon to make 1½ teaspoons. Set aside. Cut the lemon in half and squeeze the juice of one half into a large bowl of cold water.

Prepare one artichoke at a time by breaking off and discarding the leaves until you reach a layer of leaves that is

pale yellow. Cut off the upper ⅓ of the artichoke and discard. Trim the stem end and the rough edges where the leaves were broken off. Cut in half or quarters, depending upon the size. If there are any purple tips inside, cut these off because they are sharp and prickly. Place the cut artichokes in the bowl of acidulated water. Repeat until all the artichokes are prepared.

Fill a large saucepan half full with water and squeeze about a tablespoon of lemon juice into it. Bring it to a boil. Remove the artichokes from the bowl and put them in the saucepan. Cook them until barely tender when pierced with a fork, about 3-4 minutes. Drain thoroughly. While still warm, put them in a bowl with 2-3 teaspoons of the olive oil, the salt, pepper, parsley and thyme, and turn to coat well. Set aside.

On a floured surface, roll out the puff pastry to a scant ¼-inch thickness and about 10½ inches in diameter. Place the pastry in a 9-inch tart pan with a removable bottom. Gently press it into the pan and trim the edge of the pastry so it's even with the edge of the pan. Chill in the freezer for 15 minutes.

While the tart is chilling, preheat oven to 400°.

In a small bowl, combine the cheese, egg and milk or half-and-half and mix well.

Using a spatula, spread the cheese mixture across the bottom of the pastry. Sprinkle with the lemon zest. Pack the artichokes and olives in a snug, single layer on top of the cheese. Sprinkle with the Parmesan cheese. Return to the freezer for 10 minutes.

Place the chilled tart in the oven and bake until the edges are lightly golden, about 15 minutes.

Remove and drizzle with the remaining olive oil and return to the oven. Cook until the filling is puffed and lightly browned, about another 10-15 minutes. Remove to a rack and let cool 15 minutes.

To serve, gently slide a knife around the edges to release any pastry that might be sticking, then remove the bottom and place the tart on a serving plate. Cut into wedges and serve warm.

Per serving: 175 calories, 7 g protein, 10 g carbohydrate, 13 g fat (3 g saturated), 34 mg cholesterol, 635 mg sodium, 4 g fiber.