

Gingery Plum Tart with Potato Pastry (Plum Galette)

SPUDSTITUTION: This recipe replaces traditional sour cream with potatoes!

This easy dessert has a flaky pastry with the addition of potatoes. A celebration of summer's fruit, plums feature a juicy flavour and gorgeous colour.

2 cups (500 mL) all-purpose flour
3 tbsp (45 mL) granulated sugar
3/4 cup (175 mL) butter, cubed
1/3 cup (75 mL) mashed Ontario potatoes, cooled
1 egg, beaten

Filling:

2/3 cup (150 mL) granulated sugar
1/4 cup (50 mL) all-purpose flour
1/2 tsp (2 mL) ground ginger
1-1/2 lbs (750 g) ripe black plums (about 7), quartered
1/4 cup (50 mL) chopped crystallized ginger
1 tbsp (15 mL) melted butter
2 tsp (10 mL) coarse sugar

In large bowl, combine flour and sugar. Using pastry cutter or fingers cut in butter until coarse crumbs form. Add potato and mix until well combined. Drizzle egg over top and toss until moistened. Scrape onto well-floured surface and knead gently to form soft dough. Shape into disc and wrap with plastic wrap; refrigerate for 30 minutes or until chilled.

Roll out dough on floured parchment paper into 14-inch (35-cm) circle. Place on cookie sheet or inverted baking sheet.

Filling: In bowl, combine sugar, flour and ginger. Spread half over bottom of pastry leaving 2-inch (5-cm) border around edge. Place plums cut side up over top and sprinkle with crystallized ginger and remaining sugar mixture. Fold up pastry to make border around plums. Brush pastry with butter and sprinkle with coarse sugar. Bake in 400°F (200°C) oven 40 minutes or until pastry is golden and fruit is tender and bubbly. Let cool before serving.

Makes 8 to 10 servings.

Per each of 8 servings: 440 calories, 5 g protein, 19 g fat, 63 g carbohydrates, 2 g fibre, 140 mg sodium, 210 mg potassium

Source of Vitamins B1, B2 and B3, Source of Vitamin C, Source of Iron

