



# Riverland Family Farms 2022 CSA, Week12



- Romaine Lettuce *head*
- Celery *bunch*
- Persian Cucumbers *2 each*
- Melon or Strawberries *each or pint*
- Red bell pepper *each*
- Cherry Tomatoes *pint*
- Slicing Tomatoes *2 or 3*
- Zucchini *2 or 3*
- Red onion *1 or 2*



## Tomato Aachari Polenta Tart

### Makes one 10 in Tart

- ◇ 2 Tbsp melted ghee or unsalted butter, plus extra to grease the pan
- ◇ 2 or 3 fresh tomatoes
- ◇ Fine sea salt
- ◇ 1 tsp black or brown mustard seeds
- ◇ 1 tsp cumin seeds
- ◇ 1 tsp fenugreek seeds
- ◇ 1 tsp nigella seeds

- ◇ 2 Tbsp extra virgin olive oil
- ◇ 1 cup polenta or cornmeal
- ◇ 1 oz graded gruyere
- ◇ 1 oz grated parmesan
- ◇ 1 tsp Amchur powder (can buy on Amazon or Indian store)
- ◇ 1 tsp red chili flakes, such as Aleppo, Maras, or Urfa (optional)
- ◇ 1 tsp oregano fresh, or ½ tsp dried



Source: *The Flavor Equation* by Nik Sharma

Grease and line a 10 inch circular tart pan with a little melted ghee and a sheet of parchment paper. Place the pan on a baking sheet lined with parchment paper.

Line another baking sheet with two layers of paper towels. Cut the tomatoes into thin slices, sprinkle with a little salt on each side, and place the slices on the prepared baking sheet. Cover with an additional layer or two of paper towels and let rest for at least 30 minutes and up to 45 minutes.

Meanwhile, prepare the spice mix. Toast the mustard, cumin, and fenugreek seeds in a small, dry stainless-steel skillet over medium-high heat until the seeds start to turn fragrant, 30 to 45 seconds. Remove from the heat and transfer to a small plate to cool slightly. Add the cooled toasted spices to a spice mill or grinder and grind to a powder. Stir in the nigella seeds to the ground toasted spice mix.

In a large pot, combine 3 cups of water with the olive oil, ghee, and 1 tsp of salt and bring to a rolling boil over medium-high heat. Slowly stir in the polenta, lower the heat to a simmer, and cook, stirring constantly to prevent the polenta from sticking, until completely tender and most of the water has evaporated, 15 to 20 min. Remove from heat and transfer the polenta to the prepared baking tart while it is still warm and pliable. Level the surface with an offset spatula.

Prick the surface of the tart with the prongs of a fork a few times to allow even baking. Preheat the oven to 400F. Mix together the Gruyere and Parmesan in a small mixing bowl. Sprinkle half over the surface of the polenta. Place the tomato slices on top of cheese. Sprinkle the ground spice mixture over the tomatoes. Season with salt. Cover with the remaining cheese and bake until the cheese melts and turns golden brown, 30 to 45 minutes. Remove from the oven and cool in the pan for 5 to 8 minutes. The tart should come out of the pan easily, but if it sticks, run a small paring knife around the edges of the pan to loosen. Place the tart pan over a can or glass and tap gently from the sides to release the ring.

Sprinkle with the amchur powder, chili flakes, and oregano. Serve immediately.