

A rustic galette, a type of French flatbread, is shown filled with a variety of vegetables including green beans, onions, and cherry tomatoes. The galette is golden-brown and slightly puffed, resting on a metal wire cooling rack. The background is a light-colored, possibly marble, surface.

RUSTIC GALETTE

ROCK STEADY HOLISTIC
NUTRITION

RUSTIC SAVOURY GALETTE

The best thing about galette is that it's meant to be rustic and the imperfections make it beautiful! Almost anything goes for the filling
- Two suggestions follow if you need some inspiration!

Crust

- 1-1/4 cup all-purpose flour
- 2 tsp dried herbs (rosemary, thyme, sage or basil)
- 1/2 tsp salt
- 1/2 cup cold unsalted butter, cubed
- 2-4 tbsp ice water
- 3 tbsp milk or nondairy alternative

Instructions

- use a food processor to pulse dry ingredients
- scatter cubed butter otop of dry ingredients and pulse just until blended + crumbly
- add small amounts of ice water at a time, and pulse until dough comes together
- turn dough onto countertop dusted with flour and form into a flat disc for easier rolling post chill
- wrap in plastic and refrigerate for 1 hour minimum
- while dough is chilling, prepare filling! (see next page for ideas)
- preheat oven to 400F
- line large baking sheet with parchment paper
- dust a little flour on countertop and roll out chilled dough to approximately 14-inch round
- carefully transfer rolled dough to baking sheet (roll loosely onto rolling pin for easier, no tear transfer!)

instructions continued next page...

Instructions continued... now the fun part!

- spoon the filling in an even layer in centre of galette, leaving a 2-inch rim around the edge
- always season with salt + pepper!
- gently fold the edges up over the filling leaving the centre (and all the beautiful veggies) exposed
- don't be sad if the pastry tears; just press it back together
- brush surface of pastry with milk
- bake galette for 35-40 minutes, until golden brown
- allow galette to cool for 5-10 minutes before slicing

Brussels sprouts, asparagus + cherry tomato

- a couple garlic cloves, coarsely chopped + small onion, sliced thinly
- handful Brussels sprouts, sliced thinly
- bunch of asparagus, woody ends snapped off, cut into short pieces
- 1-2 handfuls of cherry tomato (leave whole!)
- 1-2 Tbsp Dijon mustard

Instructions

- starting with the garlic and onions, sauté the veg in olive oil until tender crisp, adding small splashes of water to prevent sticking. Set aside
- spread thin layer of Dijon mustard in centre of galette, top with the veggies and fold edges
- **ante up:** add a layer of ricotta cheese in between mustard and veg

Sweet potato, mushroom + sautéed greens

- 2 medium sweet potatoes, scrubbed and sliced very thin
- 2 tbsp olive oil, divided
- a couple garlic cloves, coarsely chopped + small onion, sliced thinly
- handful mushrooms, sliced,
- generous bunch of greens (spinach, kale or rapini) sliced and chopped

Instructions

- toss sweet potato slices with olive oil + salt, arrange in layer
- sauté garlic, onions + mushrooms in remaining oil
- add greens and continue to sauté until green are wilted, layer over sweet potatoes and fold edges
- **ante up:** sprinkle feta cheese overtop of mushrooms + greens