



Thin confit zucchini and tomato tart



To prepare the puff pastry

Preheat the oven to 200 °C on the hot air setting. Cook the pastry discs on baking paper between two flat trays for 20 minutes. Set aside in a dry place.

To prepare the basil oil

Thoroughly blend the 40 g basil with 1 dl olive oil, season with salt and pepper.

To prepare the tomatoes and courgettes confit

Plunge the tomatoes into boiling water for 30 seconds, then cool immediately in ice-cold water. Remove the skin, cut into quarters, remove the heart and place on a tray. Season with a dash of olive oil, salt, pepper, a little sugar, the thyme leaves and the chopped garlic. Preheat the oven to 100 °C on the hot air setting, then cook for about 30 minutes. Set aside on paper towel. You can prepare these tomatoes the day before and keep them in the refrigerator. Cut the courgettes into slices 2 mm thick, then briefly brown in a non-stick pan with a dash of olive oil, salt and pepper. Set aside on paper towel.

Rezept für 4

Ingredients

4 discs of puff pastry, 20 cm in diameter
4 medium-sized courgettes
8 tomatoes
40 g basil leaves
2 dl olive oil
1 tsp thyme leaves
3 cloves of garlic, chopped
Salt, pepper, sugar

Ingredients for the filling

100 g red pepper, diced
100 g yellow pepper, diced
200 g tomatoes, diced
1 onion, chopped
1 clove of garlic, chopped
Olive oil
Salt, pepper

Ingredients for the garnish

20 black olives
100 g parmesan
A handful of young seasonal shoots
Vinaigrette made with balsamic vinegar



Anrichten

To prepare the filling

Heat a dash of olive oil in a large, non-stick frying pan, add the peppers and onion, season with salt and pepper and saute for 2 minutes. Add the tomatoes and garlic and cook for about 5 minutes until the water from the tomatoes has mostly evaporated. The filling must be dry. Adjust the seasoning with salt and pepper, then add a dash of basil oil. Cut 4 lengths of aluminium foil, fold them into quarters and place a stainless steel mould 15 cm in diameter on each piece of foil (cardboard pastry trays can be used instead of aluminium). Divide the filling between the moulds and attractively place the tomato petals and slices of courgette alternately on top to create an even rosette pattern.

Preheat the oven to 200 °C on the hot air setting and place the moulds in the oven for 5 minutes. Once removed from the oven, garnish with the olives, seasonal shoots and a few shavings of parmesan. Using a large spatula, place them on the pastry discs already on the plates (or sliding them off the aluminium foil). Drizzle a few drops of vinaigrette and basil oil over the top and serve immediately.