




PEAR TART

with Multigrain Crust

We are surrounded by pear trees at La Fortezza, and when they ripen in the autumn, the fruit is the most delicious I have ever tasted. I make jam and this tart is always a hit. The amazing 7-grain flour, which has the rich qualities of rye flour, comes from the Moro, a local mill. I enjoy this delicious tart with a cappuccino for breakfast.

 Serves 8

For the crust:

1 stick (8 tablespoons) chilled salted butter, divided
3 cups 7 grain flour (see Source Guide, page 205) or rye flour, plus more for the work surface
1 tablespoon turbinado sugar

For the pear puree:

6 pears, divided
2 tablespoons granulated sugar
½ teaspoon salt
Juice of 1 lemon
2 tablespoons turbinado sugar

To prepare the crust: Combine 7 tablespoons butter, 3 cups flour, and sugar in a food processor fitted with a metal blade and blend until the mixture has the consistency of grainy sand. Add ½ cup ice water and blend until the mixture forms a soft, pliable dough, adding additional water as needed if the dough seems dry. Turn the dough out onto a lightly floured work surface and form into a disk. Wrap the dough in plastic wrap and chill for at least 30 minutes. The dough can also be stored in the refrigerator for up to 2 days.

Preheat the oven to 350 F. Grease a 12 inch tart pan with the remaining 1 tablespoon butter.

Prepare a lightly floured work surface and roll the chilled dough out to a 15 inch round, about ¼ inch thick. Using your fingers, carefully press the dough into the prepared pan—don't be concerned if the dough breaks; it's slightly brittle, but easy to press back together. Clean the edges of the pan with a knife, then cover with plastic wrap and freeze for at least 30 minutes before baking. The crust can also be stored in the freezer for up to 2 months.

To prepare the puree: Peel, core, and chop 2 pears into 1 inch pieces. In a small pot over medium heat, combine the chopped pears with the granulated sugar, salt, and ¼ cup water and cook for 10 minutes until the fruit is soft. Set aside to cool.

Transfer the cooled pears with their cooking liquid into a food processor fitted with a metal blade and blend until smooth. (This can be done while the crust is in the freezer). Set aside to cool for about 30 minutes, then spread the pear puree into the frozen crust.

Peel, core, and thinly slice the remaining 4 pears. Toss the sliced pears in a bowl with the lemon juice, then, starting on the outer edge of the tart, arrange the slices in a pinwheel shape on top of the pear puree. Sprinkle with the turbinado sugar. Before baking, place the composed tart back into the freezer for 15 minutes.

Transfer to the oven and bake for 50 minutes to 1 hour, until golden brown.

Let cool slightly and serve warm or at room temperature. This tart keeps, covered, at room temperature for up to 2 days.

AT THE TABLE OF LA FORTEZZA

The Enchantment of Tuscan Cooking from the Lunigiana Region

ANNETTE JOSEPH

photography by DAVID LOFTUS

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