

Vegetable Tart

by Anand Lila devi dasi

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*"Krishna is very kind.
Therefore, He has given us
his remnants of food stuff"*

Ingredients

Pastry

- Olive oil..... ½ C
- Plain flour..... 1 ½ C
- Salt..... ½ Tsp
- Crumbled tofu..... ½ C
- Water, or as required..... 3 Tbsp

Filling

- Sour cream..... ¼ C
- Tomato paste..... 2 Tbsp
- Salt..... 1 Tsp
- Yellow asafetida powder..... ½ Tsp
- Dried oregano..... 1 Tsp
- Dried basil 1 Tsp
- Sundried tomatoes..... 8-10
- Chopped bell pepper..... 1 C
- Zucchini diced into 2 cm cubes..... 1 C
- Fresh tomatoes chopped..... ½ C
- Fried eggplant cubes..... ½ C
- Grated mozzarella cheese..... 200 g

Preparation :

- 1) Combine the flour, salt and oil; rub until it resembles a coarse meal consistency. Combine the tofu well to the mixture. Add necessary amount of water to form a firm pastry. Press the mixture evenly into a greased 8-inch pie or tart pan.
- 2) Bake the crust in a preheated oven at 400 F/200 C until golden brown. Cool slightly.
- 3) In a mixing bowl, combine all the ingredients for the filling and half of the cheese. Spoon the filling to the baked crust and press down with a spatula to get a smooth surface. Sprinkle with the remaining cheese and bake at 375 F/ 190 C for about 15-20 minutes or until the top is golden.

Yield: one (8-inch) Tart

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