

# Ricotta, Zucchini and Cherry Tomato Tart with Buchwheat Olive Oil Crust



Author: Monika Topolko

Yields one 24cm tart

Prep time: 40min

Cook time: 35min

Total time: 1h 15min

Difficulty: Intermediate

Category: Appetizers & snacks, Tarts & quiches, Vegetarian

Buckwheat olive oil crust is not as flaky and crumbly as the all-butter crust, but has a lovely depth of flavor and kind of a rustic feel. It's also quite light, which is perfect for those watching their weight. The secret is not to overwork the dough, or it will become tough. The dough doesn't need to rest before rolling, which makes the process shorter. To make your life even simpler, you can make both the dough and ricotta filling the night before. Roll the dough, put it into the tart pan and then bake the next day. Take the filling out of the refrigerator an hour before baking, so it reaches room temperature. Pour it into the half-baked crust and you're done in no time.

## For the buckwheat olive oil crust:

### Ingredients

150g all-purpose flour

100g buckwheat flour

1 teaspoon salt

60ml olive oil

120ml cold water

### Directions

Preheat the oven to 180°C. Butter a 24cm tart pan and set aside.

Combine the flours and salt in a medium mixing bowl. Add the oil and mix it in with a fork. Finally, add the water, mix with the fork until it is absorbed, then knead lightly until the dough comes together into a ball. Don't overwork it.

Turn the dough out on a lightly floured work surface and roll it out into a circle large enough to fit your tart pan. Transfer and press the dough gently with your fingers into the bottom and sides of the tart pan. Prick the bottom of the crust with a fork and refrigerate for 15 minutes. Remove from refrigerator and blind bake for 10 minutes.

## For the ricotta filling:

### Ingredients

250g ricotta cheese, strained

180g sour cream

2 garlic cloves, minced

1/2 red chili, finely chopped

3 tablespoons freshly grated Parmesan cheese

1 tablespoon chopped fresh basil  
1/4 teaspoon sea salt  
some freshly ground black pepper  
1 egg

#### **Directions**

Combine the ricotta, sour cream, garlic, chili and Parmesan cheese in a medium mixing bowl. Add basil, salt and pepper. Taste and adjust the seasoning if necessary. Finally, add one egg and mix until combined.

#### **For the zucchini and cherry tomato topping:**

##### **Ingredients**

1 medium zucchini, thinly sliced  
8-10 cherry tomatoes, quartered  
2 tablespoons olive oil  
freshly ground pepper

##### **Directions**

Combine the zucchini and tomatoes in a bowl, season with pepper and drizzle with olive oil. Mix gently with your hands, making sure all of the vegetables are coated.

Pour the filling into the half-baked crust and arrange zucchini and tomatoes on top. Bake for 20-25 minutes or until the vegetables are golden and the crust golden-brown. Remove from oven and let it cool 5 minutes before slicing. Serve with some arugula on the side.