

Yeasted Tart Dough

The Greens' Cookbook, p. 237

1-teaspoon active dry yeast (1/2 package)
Pinch sugar
¼ cup warm water
1 large egg, room temperature
About 1 ¼ cups unbleached white flour
½ teaspoon salt
½ teaspoon grated lemon peel (optional)
3 tablespoons crème fraiche or soft unsalted butter

1. Dissolve the yeast and sugar in the water, and set it in a warm place. Meanwhile, if the egg is cold from the refrigerator, cover it with hot water; let it sit a few minutes to bring it up to room temperature. Combine 1 cup of the flour, the salt, and the grated lemon peel, if using, in a bowl and make a well. Break the egg into the middle of the well; add the crème fraiche or butter and pour in the yeast mixture, which should be foamy with bubbles. Mix everything together with a wooden spoon to form a smooth, soft dough. Dust it with flour, gather it into a ball, and set it in a clean bowl and cover. Let the dough rise in a warm place until it is doubled in bulk, 45 minutes to an hour. If you are not ready to shape the dough at this time, punch it down, and let it rise again.
2. Use a 10-inch tart pan with a removable bottom. Flatten the dough, place it in the center of the pan, and press it out to the edge using either your knuckles or the heel of your hand. Add only enough flour to keep the dough from sticking. If the dough shrinks back while you are shaping it, cover it with a towel, let it relax or 20 minutes, then finish pressing it out. It should be thin on the bottom and thicker at the sides, about ¼ inch higher than the rim of the pan. It can be filled immediately or refrigerated until needed. Once the tart is filled, bake in the middle of a 375F oven for 35 to 45 minutes.