

Salt and Serenity

Squash and Kale Rustic Rye Galette

(Also known as the **Fridge Foraging Galette**)

Makes two 11-inch tarts. Serves 4 for lunch or 8 for appetizers. These are delicious hot, warm or even at room temperature. The Rustic Rye dough is super flaky and delicious!

Dough:

1 recipe Rustic Rye Dough (recipe below)

Filling:

1 medium sized butternut squash (about 1 kilogram)

2 tablespoons olive oil

½ teaspoon Diamond crystal Kosher salt

¼ teaspoon black pepper

300 grams (about 2 small bunches) Dinosaur kale (also called black kale or Lacinato kale)

1 Tablespoon olive oil

2 small garlic cloves, finely minced or grated on microplane grater

⅛ teaspoon red pepper flakes

½ teaspoon Diamond Crystal kosher salt

120 grams Gruyere cheese, grated (about 1 cup grated)

130 grams (½ cup) full fat ricotta cheese

4 sprigs thyme, leaves stripped from stems

1. **Prepare squash:** Preheat oven to 400°F. Line 2 baking sheets with parchment paper and set aside. Slice ¼-inch off both the stem end and the bottom of the squash to remove inedible parts. Cut squash in half, crosswise, just above the bulb. Use a vegetable peeler (this is [my favourite peeler](#)) to peel off the skin. Stand bulb on the flat bottom and cut in half. Use a small spoon (if you have a grapefruit spoon, this is the perfect tool) to scrape out the seeds and stringy flesh. Slice each bulb half into very thin slices (about ⅛-¼ inch). Cut top half of squash in half, lengthwise and slice each half into thin slices, as you did for the bulb.
2. Mix sliced squash with 2 Tablespoons of olive oil and salt and pepper. Spread out onto two baking sheets in a single layer. Roast squash in oven for 10 minutes. Switch position of baking sheets and roast for a further 5-10 minutes, until squash is soft and just beginning to brown. Let squash slices cool.
3. **Prepare kale:** Wash kale leaves, strip the leaves off the stems and stack them up, in a pile, on top of each other. Roll the stack of leaves, like a cigar. Hold the “cigar” with your non-cutting hand, and using a sharp knife in your other hand, thinly slice kale into very fine strips. Place sliced kale in small bowl and set aside.
4. In a large (12-inch) nonstick skillet, heat 1 Tablespoon olive oil over medium heat. Add red pepper flakes and garlic and stir for 30 seconds. Add ribbons of sliced kale and salt and toss and cook for 2 minutes, just until kale begins to wilt. Remove from pan and set aside.
5. Remove Rustic Rye Dough from the fridge and divide into 2 pieces. Lightly dust each piece of dough with flour and roll each piece into an 11-inch circle, about ⅛-inch thick. A perfect circle is not necessary, just the approximation of that shape.

6. Arrange racks in oven so that one is top-middle and the other is bottom-middle. Preheat oven to 400°F. Line 2 rimmed baking sheets with parchment paper. Transfer one dough round to each baking sheet.
7. Sprinkle the first tart with ½ the Gruyere cheese, leaving a 1-inch border. Dollop half the ricotta over the Gruyere. Cover the cheese layer with half the sauteed kale. Arrange cooled squash slices over the kale layer. You can take your time and fan the slices out in concentric circles, or just gently pile them in the center and then spread them out into a single layer, in an irregular pattern. You will likely have some leftover squash. You only want a thin single layer. Save extra squash for an omelette or frittata filling for another day. Sprinkle squash layer with thyme leaves.
8. Fold the uncovered border of dough up over the filling, allowing the dough to pleat as you lift it up and work your way around the galette. Repeat with second circle of dough.
9. Bake in oven for 20 minutes. Switch trays so that the tart that was on the bottom rack, is now on the top rack. Bake for a further 20-25 minutes until pastry is golden brown. Sprinkle with flaky sea salt, and pepper if desired. Let cool for at least 15 minutes before slicing.

Rustic Rye Dough

This recipe comes from the book “Good to the Grain”, by Kim Boyce and Amy Scattergood. (Stewart, Tabori & Dhang, 2010).

Dry mix:

- 1 cup rye flour
- 1 cup all-purpose flour
- 1 tablespoon sugar
- 1 teaspoon kosher salt

Wet mix:

- 6 ounces (11 ½ sticks) cold unsalted butter
- 1 teaspoon apple cider vinegar

1. Sift the dry ingredients into a large bowl, adding back any bits of grain or other ingredients that may remain in the sifter. Cut the butter into 1/2-inch pieces and add them to the dry mixture.
2. Rub the butter between your fingers, breaking it into smaller bits. Continue rubbing until the butter is in sizes ranging from peas to hazelnuts. The more quickly you do this, the more the butter will stay solid, which is important for the success of the recipe.
3. Add the vinegar and 8 tablespoons of ice water to the flour mixture. Working from the outer edge of the flour, mix the ingredients with your hands just to moisten the flour. The dough needs to come together as mostly one lump, with a few shaggy pieces. Squeeze the dough together to see if a ball forms. If it is too dry to come together, add additional ice water 1 tablespoon at a time.
4. Pile the dough onto a sheet of plastic wrap, sprinkle a few drops of water over the top, wrap tightly, and chill for a minimum of 1 hour or overnight.
5. Unwrap the dough onto a floured surface. Pat the dough into a square, then use a rolling pin to roll it into a rectangle about 8 1/2 by 11 inches. The dough will be crumbly and rough around the edges, but don't add more flour or water, as it will come together during the rolling.

6. For the first turn, fold the dough into thirds like a letter. The seam should be on the left side. Turn the dough so that the seam is at the top and parallel to your body.
7. For the second turn, again roll the dough into an $8\frac{1}{2}$ -by-11-inch rectangle and repeat the previous step.
8. For the third turn, repeat the previous step, and then wrap the dough in plastic and chill in fridge for 1 hour or up to 3 days before using, or freezer for up to a month. Thaw dough in fridge if frozen.