

Kitchen-centered vacations are a great way to visit a beautiful destination, immerse yourself in a country's culture, and sharpen your cooking skills.

In Future Issues:

- Cookbooks
- College Classes
- Walking Tours
- Kids in the Kitchen
- Magazines



Cookbook author Joanne Weir welcomes travelers to Provence, France.

HOW AMERICA LEARNS TO COOK

Tour de Cuisine

YOU COULD SPEND DAYS WANDERING LA BOQUERIA market in Barcelona, Spain, without discovering which coffee stall has the creamiest custard-filled pastry crescents. And there's no guarantee that the Catalan-speaking vendor in her traditional white broderie anglaise apron will let you sample the incredible variety of plump beans and legumes to compare texture and flavor. Nor would you discover alone why the cheapest and the most expensive fresh fish stalls in the market are both better places to shop than those stands where the prices are middling.

But experiences like these are typical highlights on a culinary tour. In the hands of a personal gastronomic guide, markets, ingredients, dishes, and even entire countries seem more vibrant, exciting, and delicious. A culinary vacation is one of the best and most enjoyable ways to understand other cultures, and the fastest route to experiencing the finest cuisine of a destination.

Cooking school vacations have burgeoned in the last decade for several reasons. First, people are traveling more than ever, and they're visiting a diverse range of destinations. In the course of their travels, they develop a taste for the flavors of a destination and want to relive their happy experiences at home. Then, there's the myriad of cooking shows, magazines, books, and Internet sites that also expose people to cooking techniques and cuisines. These outlets treat cooking as both a pastime and a form of entertainment. Culinary holidays marry travelers' quests for more in-depth experiences with their appetite for authentic cuisine.

British-based Rosemary Barron, who schedules regular classes on the Greek island of Santorini, has found that over the years she has shifted the emphasis from practical cooking techniques to imparting an in-depth understanding of local ingredients through market tours and other excursions. "Afterward, people can travel through Greece on their own with a good understanding of what is authentic cuisine," she says.

For Italian food expert and cookbook author Diane Seed, the thrill is discovering the story behind a dish. Students are invariably surprised to learn that many of Rome's most famous dishes—such as zucchini flowers stuffed with mozzarella and anchovies—spring from Jewish rather than Catholic traditions.

The drive for authenticity in culinary vacations has resulted in a number of tailor-made and short courses. No longer is it necessary to sign up for a full week of cooking sessions; some experts are running delightful courses for as little as half a day, ideal for people with limited time or diverse interests (look for them at www.gourmetontour.com and <http://cookforfun.shawguides.com>). Often, a hotel concierge can help guests sign up for a market tour or an afternoon cooking class.

But whether you spend your entire vacation in a country villa kitchen or simply pass a morning in the company of a local chef, your palate will be richer for the experience. And if your travel plans don't include a culinary vacation in the near future, we've shared recipes from culinary guide Joanne Weir's trips to Provence in the south of France. For more information about this and Weir's other programs, visit www.joanne weir.com.

Text by Jenni Muir | Recipes by Joanne Weir



Summer Salad of Seared Tuna, Lima Beans, and Tomatoes (recipe on page 176)

The French Connection

By Joanne Weir

I fell in love with cooking while traveling around the Mediterranean. In Italy, I met a grandmother who taught me how to make orecchiette, the little ear-shaped pasta. Along the Amalfi coast, I discovered *limoncello*, a lemon vodka; and in the south of France, I spent days wandering around the food markets of Provence, intoxicated by the aromas of cheeses, the freshness of artichokes, lemons, garlic, and herbs, and the delight of everyday human interaction.

As a cooking teacher, there's nothing more delicious I can offer my students than the opportunity to explore these culinary realms with me. I bring my students to France and Italy because these are the cuisines and the people I feel closest to right now. There are numerous cooking vacations offered all over the world, and every tour has a different focus. Some trips are more excursion-driven with very little time spent in the kitchen, others offer cooking classes in foreign languages with translators, and some focus on a single ingredient, like chocolate or truffles. My trips are excursions into the heart of what I believe are each country's best food regions (recipes here are based on my trips to the south of France).

I like my students to have a very personal experience, reflected in everything from where we stay to the places we visit. One of my particular favorites is a restored country house called Blanche Fleur in the



Visit [CookingLight.com/features](https://www.cookinglight.com/features) to discover how travel changed the lives of three renowned culinarians.



Chicken with 40 Cloves of Garlic ▲

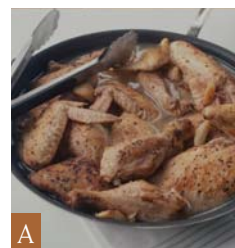
Weir shares this classic dish with tour participants to teach them about French comfort food at its simple and satisfying best. One of the basic tenets of French cuisine is making full use of ingredients—hence, whole chickens in this recipe. In a pinch, you can substitute six pounds of chicken pieces. The garlic softens in flavor as it roasts and is easy to spread over the baguette slices. Serve with steamed asparagus.

2 (3-pound) whole chickens	1¼ cups fat-free, less-sodium chicken broth
1 tablespoon butter	1 cup dry white wine
1 tablespoon extravirgin olive oil	24 (¼-inch-thick) slices diagonally cut French bread baguette
½ teaspoon salt	Chopped fresh flat-leaf parsley (optional)
¼ teaspoon freshly ground black pepper	
40 garlic cloves, peeled	

1. Remove and discard giblets and neck from chickens. Rinse chickens with cold water; pat dry. Trim excess fat; remove skin. Cut each chicken into 8 pieces. Combine butter and oil in a 12-inch nonstick skillet over medium-high heat. Sprinkle salt and pepper evenly over chicken. Add half of chicken pieces to pan; cook 2 minutes on each side or until golden. Remove chicken from pan; keep warm. Repeat procedure with remaining chicken.

2. Reduce heat to medium. Add garlic; cook 1 minute or until garlic begins to brown, stirring frequently. (A) Arrange chicken on top of garlic. Add broth and wine; cover and cook 25 minutes or until chicken is done.

3. Remove chicken from pan; keep warm. Increase heat to medium-high; cook 10 minutes or until liquid is reduced to about 1 cup. Serve sauce and garlic with chicken and bread. Garnish with chopped parsley, if desired. Yield: 8 servings (serving size: about 4 ounces chicken, 2 tablespoons sauce, 5 garlic cloves, and 3 bread slices).



CALORIES 343 (36% from fat); FAT 13.7g (sat 3.6g, mono 4.9g, poly 3.4g); PROTEIN 29.6g; CARB 24.2g; FIBER 2g; CHOL 111mg; IRON 2.3mg; SODIUM 468mg; CALC 58mg

cooking class

Châteauneuf-du-Pape area of France's southern Rhone Valley. It's a sprawling estate nestled in an islandlike setting, surrounded by white flowers and complete with its own chapel. A well-chosen country house, villa, or chateau in an intimate, inviting setting allows students to really experience what it's like to "live" in a particular place.

I've spent years scouting out-of-the-way gems that most travelers could never find on their own or in a travel guide. This might include picking olives and making olive oil; a crême brûlée demonstration by the best pâtissier in southern France; and a chocolate truffle tasting by the famous Joel Durand featuring Provence's herbs, fruits, and flowers. And before dinner at a local restaurant, we enjoy aperitifs in the lovely garden of a Provençal friend.

My trips follow a leisurely rhythm. By morning, we typically shop at the local markets and return "home" to make lunch with the recipes here. Classes are small [14 people] so participants gain hands-on experience with ingredients and techniques. And then it's time to enjoy the fruits of our labor. We always start with an aperitif and then al-fresco lunch, whether it is under the cherry trees or beside the kitchen garden or pool.

My courses are about cooking—and much more: They're about experiencing the life, pace, and cuisine of destinations. Most of all, they're about returning home not only a better cook, but a little bit Italian or French.



Vegetable Soup with Pistou ▲

Washing leeks can be a hassle. Weir teaches her students to chop them first, then rinse in a strainer (shown below).

SOUP:

- ½ cup dried navy beans
- 6 cups water
- 1¾ cups chopped leek
- 1 cup chopped onion
- 1 cup finely chopped carrot (about 2 medium)
- 1 cup chopped seeded peeled tomato
- ¾ cup peeled diced potato
- 1½ teaspoons salt
- ¼ teaspoon black pepper
- 8 parsley sprigs
- 1 bay leaf
- Dash of ground thyme
- 10 cups water
- 1½ cups diced zucchini (about 2)
- ¾ cup uncooked elbow macaroni
- ¼ pound green beans, trimmed and cut crosswise in half

PISTOU:

- 1 cup fresh basil leaves
- ⅓ cup grated Parmesan cheese
- 4 garlic cloves, peeled
- 2 tablespoons extravirgin olive oil

REMAINING INGREDIENT:

- Fresh thyme sprigs (optional)

1. To prepare soup, sort and wash beans, and place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours. Drain; return beans to pan. Add 6 cups



water; bring to a boil. Reduce heat, and simmer for 45 minutes or until tender. Drain; return beans to pan.

2. Add leek and next 9 ingredients (through dash of thyme) to pan, stirring to combine. Add 10 cups water; bring to a boil. Reduce heat, simmer 30 minutes or until potato is tender.
3. Stir in zucchini, macaroni, and green beans; cook 15 minutes or until macaroni is tender. Discard bay leaf.

4. To prepare pistou, combine basil, cheese, and garlic in a food processor; process until a stiff paste forms. With processor on, slowly pour oil through food chute; process until well blended. Serve with soup. Garnish with thyme sprigs, if desired. Yield: 6 servings (serving size: 2 cups soup and 2 teaspoons pistou).

CALORIES 243 (24% from fat); FAT 6.6g (sat 1.5g, mono 3.8g, poly 0.9g); PROTEIN 9.9g; CARB 37.6g; FIBER 8.3g; CHOL 3.9mg; IRON 2.9mg; SODIUM 679mg; CALC 135mg

Provençal Pantry

One of the best things about the cuisine of Provence is its use of simple but fresh ingredients to produce extraordinary dishes. Following are some of the staples of the south-of-France pantry.

Anchovies. These tiny fish, typically sold boned, cured, and packed in oil, lend a subtle, salty flavor to a variety of dishes. They're easily mashed into a paste, and a little goes a long way.

Beans and legumes. Fresh, dried, and even canned beans and legumes are a staple; chickpeas are a particular favorite.

Capers. These are unopened flower buds on a bush native to the Mediterranean, and the world's finest are grown in Provence. Dried and bottled in brine, they add salty, briny zip to a dish.

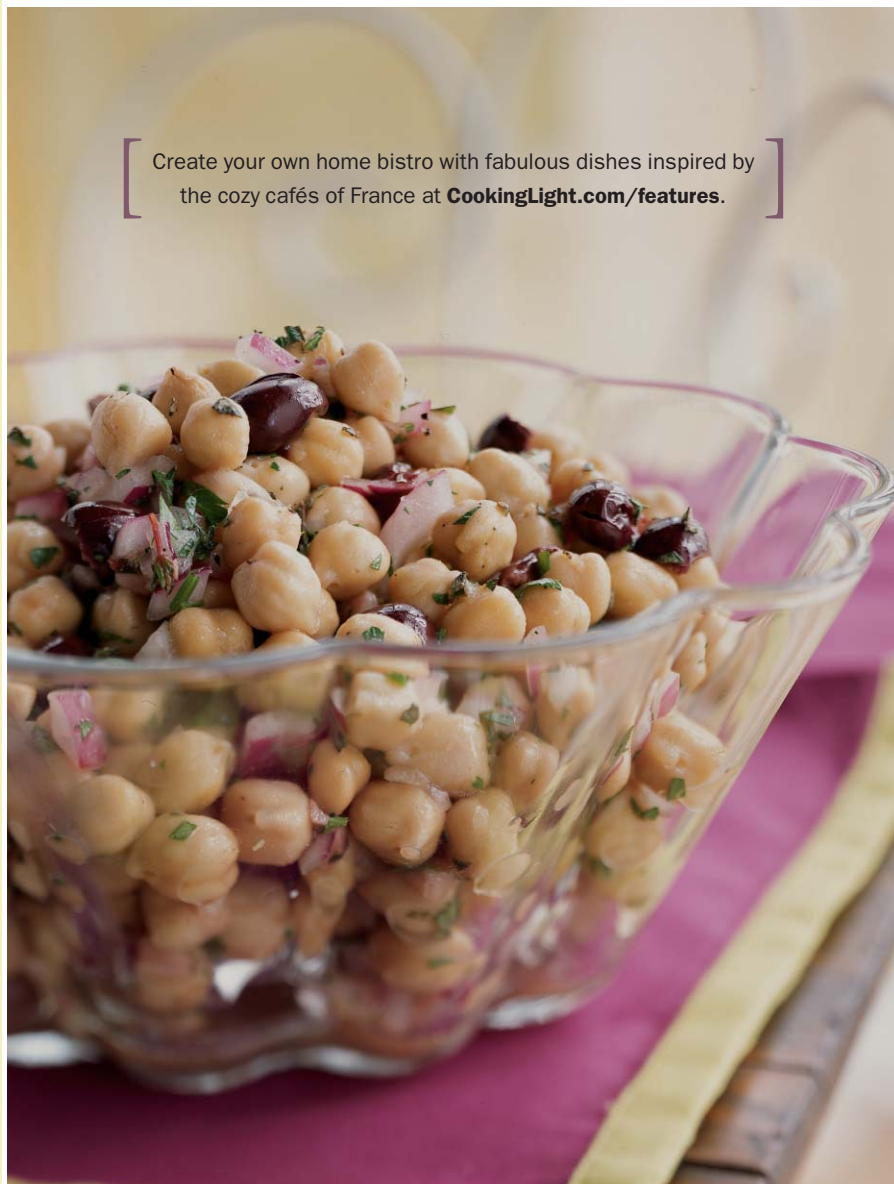
Garlic. France, and particularly Provence, is a major producer of garlic. Its pungency finds its way into many Provençal dishes.

Herbs. Local cooks reach for fresh and dried flat-leaf parsley, basil, oregano, rosemary, thyme, and lavender—all of which grow abundantly in the region. Keep herbes de Provence—a blend of dried lavender, marjoram, rosemary, sage, savory, thyme, and basil—on hand to add a dash of Mediterranean flavor to any dish.

Olives. Beloved throughout the Mediterranean, the small niçoise and the green picholine are local varieties.

Olive oil. This golden ingredient appears in all manner of dishes, including cakes.

Wine. Provence produces red, white, and rosé wines, to be enjoyed with meals and often added to recipes.



Create your own home bistro with fabulous dishes inspired by the cozy cafés of France at [CookingLight.com/features](https://www.cookinglight.com/features).

Chickpea Salad with Provençal Herbs and Olives ▲

Legumes brighten in flavor with the fresh herbs that season this salad. In Weir's class, participants learn that the easiest way to pit a niçoise olive is to smack it with the side of a chef's knife (shown right).



- ¼ cup red wine vinegar
- 1 tablespoon extravirgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 4 garlic cloves, minced
- 2 (15½-ounce) cans chickpeas (garbanzo beans), drained
- ¾ cup diced red onion
- ¼ cup pitted niçoise olives
- 1 tablespoon chopped fresh flat-leaf parsley
- 1 teaspoon chopped fresh oregano

- 1 teaspoon chopped fresh rosemary
- 1 teaspoon chopped fresh thyme

1. Combine the first 5 ingredients in a small bowl. Combine chickpeas and remaining ingredients in a large bowl. Pour vinegar mixture over salad, tossing gently. Yield: 6 servings (serving size: ⅔ cup).

CALORIES 163 (24% from fat); FAT 4.4g (sat 0.6g, mono 2.8g, poly 0.8g); PROTEIN 5.3g; CARB 26.3g; FIBER 4.7g; CHOL 0mg; IRON 1.6mg; SODIUM 449mg; CALC 43mg

Choosing a Trip

Keep these factors in mind when selecting a culinary trip.

- **Cost.** A day trip with a market tour, hands-on class, and lunch or dinner may cost less than \$100. A weeklong journey to Tuscany can cost more than \$4,000. Ask what the fees cover (typically, but not always, accommodations, classes, and scheduled excursions). Airfare, airport transfers, and optional activities usually cost extra.
- **Cooking classes.** In some cases, classes are demonstration events; in others, it's hands-on cooking for students. Small (and more expensive) tours should include lots of hands-on cooking. Also ask how many cooking classes are on the itinerary; one per day is typical.
- **Other activities.** Many trips include private tours of wineries, factories, farms, and markets.
- **The trip leader/instructor.** This person should have plenty of experience as a cooking teacher, as well as thorough knowledge of the destination.

Grilled Lamb Chops with Lavender Salt

Garlic is sautéed in oil and discarded, leaving behind the essence of garlic flavor without overpowering the delicate lavender.

- 1 tablespoon kosher salt
- 2 teaspoons dried lavender flowers
- 1 tablespoon olive oil
- 3 garlic cloves, halved
- ½ teaspoon freshly ground black pepper
- 8 (4-ounce) lamb loin chops, trimmed

1. Place salt and lavender in a spice or coffee grinder; process until ground.
2. Heat oil in a large nonstick skillet over medium-high heat. Add garlic; cook 2 minutes or until golden. Remove garlic from pan; discard. Sprinkle 1 teaspoon salt mixture and pepper over chops. Add chops to pan; cook 3 minutes on each side or until desired degree of doneness. Serve with additional lavender salt, if desired. Yield: 4 servings (serving size: 2 chops).

CALORIES 239 (48% from fat); FAT 28.9g (sat 3.8g, mono 6.8g, poly 0.9g); PROTEIN 28.7g; CARB 0.4g; FIBER 0.1g; CHOL 90mg; IRON 1.9mg; SODIUM 551mg; CALC 20mg

Croutons with Orange and Fennel Tapenade

Olive trees grow throughout Provence, and olive oil is the predominant cooking medium. Add capers and garlic, and you have the makings of the region's signature dish: tapenade. Weir's version incorporates flavorful orange and fennel seed.

- ½ cup pitted niçoise olives
- 1 tablespoon capers
- 1 tablespoon extravirgin olive oil
- 1 teaspoon grated orange rind
- 1½ tablespoons orange juice
- 1 teaspoon fennel seeds
- 1 teaspoon water
- 2 garlic cloves, peeled
- ¼ teaspoon freshly ground black pepper
- 22 (¼-inch-thick) slices diagonally cut French bread baguette, toasted
- 1 orange, cut into sections and halved (optional)

1. Combine first 8 ingredients in a food processor; process until smooth. Add pepper. Spoon 1 teaspoon of tapenade over each baguette slice. Arrange on a serving platter; garnish with orange sections, if desired. Yield: 22 servings (serving size: 1 crouton).

CALORIES 51 (28% from fat); FAT 1.6g (sat 0.2g, mono 1g, poly 0.2g); PROTEIN 1.3g; CARB 7.9g; FIBER 0.6g; CHOL 0mg; IRON 0.4mg; SODIUM 125mg; CALC 15mg

Warm Olives with Wild Herbs

Provence is one of the areas of the Mediterranean where specific olives are grown for eating, as opposed to producing olive oil. Local varieties include niçoise, with its nutty, mellow flavor, and the buttery, crunchy picholine. In this appetizer, the olives stand in the oil mixture and become more flavorful. Save the herb-infused oil for a dipping sauce with crusty French bread.

- ¾ cup niçoise olives
- ¾ cup picholine olives
- ¼ cup extravirgin olive oil
- ¼ teaspoon grated lemon rind
- ⅛ teaspoon crushed red pepper
- 2 fresh thyme sprigs
- 2 fresh savory sprigs
- 1 fresh rosemary sprig

1. Combine all ingredients in a small saucepan over medium-low heat. Cook 5 minutes or until warm. Place olive mixture in a medium bowl; let stand at

room temperature at least 6 hours. Drain olives in a colander over a bowl; discard stems. Reserve oil for another use, if desired. Yield: 10 servings (serving size: about 2 tablespoons).

CALORIES 49 (88% from fat); FAT 4.8g (sat 0.5g, mono 3.5g, poly 0.6g); PROTEIN 0.2g; CARB 1.9g; FIBER 0.5g; CHOL 0mg; IRON 0.8mg; SODIUM 182mg; CALC 25mg

Orange Cake with Fresh Berries

Because of its geographic location on the Mediterranean, Provence has been influenced by other Mediterranean countries. Oranges and olive oil are highly valued—here they coexist in a cake. Orange-flower water adds an intense perfume but can be omitted. It can be found in Middle Eastern food stores.

- 1 cup sifted cake flour
- ½ cup sugar
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 tablespoon grated orange rind
- ¼ cup fresh orange juice
- 1 tablespoon olive oil
- 1 teaspoon vanilla extract
- ¼ to ½ teaspoon orange-flower water
- 2 large egg yolks
- 6 large egg whites
- ¼ teaspoon cream of tartar
- 1 tablespoon powdered sugar
- 1 cup blueberries
- 1 cup raspberries

1. Preheat oven to 350°.
2. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, sugar, baking powder, and salt in a large bowl; stir well. Add rind and next 5 ingredients (through egg yolks); beat at medium speed until smooth. Beat egg whites and cream of tartar until stiff peaks form. Gently stir one-fourth of egg whites into batter; fold in remaining egg whites. Pour mixture into a 10-inch tube pan with removable bottom. Bake at 350° for 25 minutes or until cake springs back when lightly touched. Let cool on rack 5 minutes in pan. Remove from pan; cool completely. Dust with powdered sugar. Serve with berries. Yield: 8 servings (serving size: 1 cake slice, 2 tablespoons raspberries, and 2 tablespoons blueberries).

CALORIES 176 (25% from fat); FAT 4.8g (sat 0.9g, mono 3g, poly 0.7g); PROTEIN 4.8g; CARB 28.7g; FIBER 1.7g; CHOL 51mg; IRON 1.3mg; SODIUM 178mg; CALC 50mg

Our (Other) Favorite Cooking School Vacations

	Tour	Signature	Highlights	Credentials	Ideal for . . .
	Micol Negrin's Rustico Cooking; 917-602-1519, www.rusticocooking.com	High-end food and wine tours to Italy's savory spots	Learn heirloom recipes from local cooks; dine at Liguria's best tables.	Negrin was born in Milan, Italy; author of <i>Rustico: Regional Italian Country Cooking</i>	Purists who are passionate about Italian cooking and culture
	Culinary Institute of America's Worlds of Flavor Travel Programs; 866-242-2433, www.worldsofflavor.com	Regional cooking tours, from Spain to India to Mexico to the Mississippi Delta	Hands-on mole and tortilla-making class in Oaxaca, Mexico; tour of a dessert factory in India	Tours led by top-name chefs such as Rick Bayless and Nancy Harmon Jenkins	Those of us who fantasize about going to the culinary school and becoming a chef
	Rhode School of Cuisine; 888-254-1070, www.rhodeschoolofcuisine.com	Luxury trips to stunning locations in France, Italy, and Morocco	Learn about Moroccan cuisine in exotic Marrakech.	Expert chefs provide hands-on instruction in state-of-the-art kitchens.	All levels, from novices to seasoned cooks
	La Varenne French Cooking School; 800-537-6486, www.lavarenne.com	Limited class size and intense instruction on French techniques and ingredients	Advanced master classes in traditional French cuisine, featuring recipes such as the classic tarte tatin	Founded and directed by Anne Willan, esteemed teacher and author of <i>The Good Cook</i>	Culinarians who want to polish their skills in classic French techniques and immerse themselves in the country's culture
	Backroads; 800-462-2848, www.backroads.com	World-class travel experience combining beautiful destinations, cuisine, and activities like hiking, walking, and biking	Pedal past rice paddies, and attend a local cooking school in Thailand.	An active travel vacation company for over 25 years; vivacious, experienced tour leaders with rich travel résumés	Travelers who want more than gourmet food and picturesque settings on their vacation

Lavender and Toasted Almond Ice Cream with Warm Figs

Weir's students prepare this delicious ice cream, which is redolent with lavender, almonds, honey, and figs. Look for dried lavender flowers in natural foods or specialty grocery stores.

- 5 tablespoons sugar
- 1 to 2 tablespoons dried lavender flowers
- 4 cups 2% reduced-fat milk
- ½ cup plus 2 tablespoons honey, divided
- 3 egg yolks
- ¼ cup almonds, toasted and chopped
- Cooking spray
- 12 ripe figs, halved
- 2 tablespoons ruby port

1. Place sugar and lavender in a spice or coffee grinder, and process until ground. Discard any large pieces.
2. Combine milk, ½ cup honey, and egg yolks in a heavy saucepan over medium heat. Cook until mixture is slightly

thick and coats the back of a spoon (about 8 minutes), stirring constantly (do not boil). Remove from heat; add lavender powder, stirring until blended. Strain mixture through a sieve over a bowl; discard solids. Chill 2 hours.

3. Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions.

4. Spoon ice cream into a freezer-safe container; stir in almonds. Cover and freeze 1 hour or until firm.

5. Preheat oven to 350°.

6. Coat a 13 x 9-inch baking dish with cooking spray. Drizzle remaining 2 tablespoons honey in bottom of dish. Place figs, cut-sides down, in prepared dish. Bake at 350° for 20 minutes or until figs are tender. Turn figs; add port to dish, and baste figs with honey mixture. Bake an additional 5 minutes. Spoon ice cream into bowls, and serve with figs and sauce. Yield: 4 cups (serving size: about ½ cup ice cream and 3 fig halves).

CALORIES 238 (22% from fat); FAT 5.7g (sat 2.2g, mono 2.4g, poly 0.8g); PROTEIN 6.3g; CARB 42.5g; FIBER 2.6g; CHOL 86mg; IRON 0.7mg; SODIUM 66mg; CALC 191mg

Summer Salad of Seared Tuna, Lima Beans, and Tomatoes

Weir's students make this dish with the various types of fresh beans they find at the local market. If you can't find fresh limas, try flageolets, cranberry beans, or any combination of shell beans.

- 4 cups water
- 1½ cups shelled lima beans
- ¼ cup red wine vinegar
- 2 tablespoons extravirgin olive oil
- 4 cups water
- ¾ pound green beans, trimmed
- ¾ pound yellow wax beans, trimmed
- 2 cups cherry tomatoes, halved
- 6 tablespoons chopped fresh basil
- ¾ teaspoon salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 6 (6-ounce) tuna steaks (about 1 inch thick)
- Cooking spray

1. Preheat grill.
2. Bring 4 cups of water to a boil in a medium saucepan over medium-high heat. Add lima beans; cook 20 minutes or until tender. Drain. Add vinegar and oil, tossing well.
3. Bring 4 cups of water to a boil in a medium saucepan over medium-high heat. Add green beans and yellow wax beans; cook 7 minutes or until crisp-tender. Drain and combine lima beans, green beans, yellow wax beans, tomatoes, and basil in a large bowl. Sprinkle with ½ teaspoon salt and ¼ teaspoon pepper; set aside.
4. Coat both sides of tuna with cooking spray; sprinkle with remaining ¼ teaspoon salt and remaining ¼ teaspoon pepper. Place tuna on a grill rack coated with cooking spray; cook 2 minutes on each side or until desired degree of doneness. (A) Cut each steak crosswise into ¼-inch slices; arrange over bean mixture. Yield: 6 servings (serving size: 1 tuna steak and 1½ cups bean mixture).



A

CALORIES 334 (18% from fat); FAT 6.6g (sat 1.1g, mono 3.6g, poly 1.1g); PROTEIN 46g; CARB 22g; FIBER 9.1g; CHOL 77mg; IRON 3.5mg; SODIUM 362mg; CALC 105mg

Cooking tours expose you to the life, soul, and cuisine of destinations.

WINE NOTE The perfect wine for a summer salad needs to be refreshing and crisp, while at the same time capable of standing up to the "meatiness" of the grilled tuna and the acidity inherent in tomatoes. My favorite choice comes from France: Sancerre. (Sancerres are always made from sauvignon blanc grapes.) Try the Pascal Jolivet Sancerre 2003 (Loire Valley, France, \$25), which is snappy, fresh, and full of citrus flavors.

—Karen MacNeil

Olive and Caramelized Onion Tart

Savory tarts are an integral part of French cuisine. Each region has its own variation, and this rustic version has a pizzalike crust. You can prepare the filling while the dough rises.

DOUGH:

- 1 package dry yeast (about 2¼ teaspoons)
- ¾ cup warm water (100° to 110°), divided
- 2¼ cups all-purpose flour, divided
- 2 tablespoons 1% low-fat milk
- 1 tablespoon olive oil
- ½ teaspoon salt
- ½ teaspoon finely chopped fresh thyme
- ½ teaspoon finely chopped fresh rosemary
- Cooking spray
- 1 tablespoon cornmeal

TOPPING:

- 1 tablespoon olive oil
- 9 cups vertically sliced yellow onion (about 2½ pounds)
- 1 teaspoon chopped fresh thyme
- ½ teaspoon chopped fresh rosemary
- 3 garlic cloves, chopped
- 1 cup chopped seeded peeled tomato
- ½ cup chopped pitted kalamata olives
- 2 canned anchovy fillets, patted dry and mashed
- ½ cup (2 ounces) crumbled goat cheese
- ⅛ teaspoon freshly ground black pepper

1. To prepare dough, dissolve yeast in ¼ cup warm water in a large bowl; let

stand 5 minutes. Add remaining ½ cup water. Lightly spoon flour into dry measuring cups; level with a knife. Add 2 cups flour and the next 5 ingredients (through ½ teaspoon finely chopped rosemary), stirring until well blended.

2. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).

3. Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 40 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, dough has risen enough.)

4. Punch dough down; cover and let rest 5 minutes. Shape dough into a 15 x 13-inch rectangle on a baking sheet coated with cooking spray and sprinkled with cornmeal. Crimp edges of dough with fingers to form a rim.

5. Preheat oven to 400°.

6. To prepare filling, heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat. Add onion, 1 teaspoon thyme, ½ teaspoon rosemary, and garlic. Cover and cook 15 minutes or until golden brown, stirring occasionally. Uncover; reduce heat, and cook 15 minutes or until onions are soft, stirring occasionally. Stir in tomato; cook 15 minutes or until mixture is almost dry. Stir in olives and anchovies.

7. Spread onion mixture over dough, leaving a ½-inch border. Bake at 400° for 35 minutes or until crust is crisp. Sprinkle with cheese and pepper. Serve warm or at room temperature. Yield: 9 servings (serving size: 1 piece).

CALORIES 244 (27% from fat); FAT 7.2g (sat 1.6g, mono 3.9g, poly 1.1g); PROTEIN 6.6g; CARB 39.2g; FIBER 3g; CHOL 4mg; IRON 2.2mg; SODIUM 273mg; CALC 51mg

London-based freelance writer Jenni Muir is the author of *Cooking School Holidays*. Joanne Weir is a San Francisco-based award-winning cookbook author, cooking teacher, chef, and television personality. Her latest book, *Weir Cooking in the City*, is the companion to her PBS television series of the same name.