

Alsatian Onion Tart

2 Tablespoons vegetable oil
2 Tablespoons unsalted butter
4 medium onions, cut in half and very thinly sliced
A sprinkling of granulated sugar
Kosher salt and freshly ground black pepper
3 large eggs
1 ¼ cups heavy cream
A tiny pinch nutmeg
1/3 cup finely grated Gruyère (about 1 ¼ ounces)
One partially baked tart shell in a 10-inch porcelain
quiche pan or a 10 ½ or 11-inch metal tart pan



Heat the oil and butter in a cast-iron or other heavy-based 10- to 12-inch skillet. Add the onions and sugar, season with salt and pepper, and sauté over medium-high heat, stirring frequently, until lightly browned. Lower the heat and continue to cook the onions until very soft and evenly browned, stirring frequently, another 30 to 40 minutes; you may need to add a little more oil. When the onions are done, transfer them to a strainer and drain.

Heat the oven to 375°F. If using a tart pan with a removable bottom, put it on a baking sheet. In a bowl, whisk the eggs and cream. Season with ¾ teaspoon salt, a scant ½ teaspoon pepper, and the nutmeg. Add the drained onions and half of the cheese and blend thoroughly. Fill the prepared tart shell with the onions and custard. Top with the remaining cheese and bake until the tip of a knife comes out clean and the top of the tart is puffed and brown, 40 to 45 minutes. Let cool for at least 15 to 20 minutes before serving.

For an interesting variation, brush the prebaked tart shell with a thin layer of Dijon mustard, or add 1 tablespoon of finely minced tarragon to the custard.