



FRANCE

APPETIZER

PRINTABLE RECIPE PDF

French Pissaladière

Pissaladière is a traditional Provençal dish that originated in the Nice region. It is often associated with the Mediterranean diet, showcasing local ingredients

PREP

20 min

COOK

30 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- **1 sheet** puff pastry - store-bought or homemade
- **2 tablespoons** olive oil - extra virgin for best flavor
- **2 large** onions - thinly sliced
- **1 clove** garlic - minced
- **1 teaspoon** herbes de Provence - a blend of dried herbs typical in the region
- **1 cup** black olives - preferably Niçoise or Kalamata, pitted and halved
- **6 fillets** anchovy - packed in oil, adjust to taste
- **1 pinch** salt - to taste
- **1 pinch** black pepper - freshly ground, to taste

WHY THIS WORKS

About this recipe

A printable French Pissaladière recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Pissaladière is a traditional Provençal dish that originated in the Nice region. It is often associated with the Mediterranean diet, showcasing local ingredients like onions, olives, and anchovies. This savory tart reflects

ORIGIN & TRADITION

Mediterranean context

Pissaladière is a traditional Provençal dish that originated in the Nice region. It is often associated with the Mediterranean diet, showcasing local ingredients like onions, olives, and anchovies. This savory tart reflects the area's emphasis on fresh produce and simple yet bold flavors.

METHOD

Step-by-step instructions

1

Preheat your oven to 400°F (200°C).

2

In a large skillet, heat the olive oil over medium heat. Add the sliced onions and cook, stirring frequently, until they are soft and translucent, about 15 minutes. Add the minced garlic and herbes de Provence, cooking for an additional 2 minutes until fragrant.

3

Roll out the puff pastry on a floured surface to fit a baking sheet. Transfer the rolled pastry onto a baking sheet lined with parchment paper.

4

Spread the caramelized onions evenly over the puff pastry, leaving a small border around the edges.

5

Arrange the halved olives and anchovy fillets decoratively over the onions. Season with salt and black pepper to taste.

6

Bake in the preheated oven for 20-25 minutes or until the pastry is golden brown and crisp. Allow to cool slightly before cutting into squares.

CHEF'S TIP

For an even better flavor, allow the onions to caramelize slowly on low heat until they're golden brown, which enhances their sweetness.

NUTRITION PER SERVING (EST.)

Calories	320 kcal	Fat	20 g
Protein	8 g	Fiber	2 g
Carbohydrates	28 g	Sodium	600 mg

SERVING SUGGESTION

Serve warm or at room temperature, garnished with fresh herbs like thyme or basil. Pair with a light rosé wine for an authentic Provençal experience.

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