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Tarte à l'Oignon, or onion tart, is a creamy, savory treat. It combines humble ingredients into a dish with wild flavors. The trick is to cook the onions very slowly, until soft, before you bake the tart. In Alsace, it's often eaten during the wine harvest out in the vineyards. It's easy to transport, not in desperate need of refrigeration and totally delicious. —Anne Klobash, MW

Tarte à l'Oignon
Courtesy Famille Dietrich, Au Bistrot d'Or, Mittelbergheim, Alsace, France

- 3 cups, plus 2 tablespoons all-purpose flour
- ¼ cup plus 1 tablespoon butter, plus more for pan
- ¼ teaspoon salt
- 6 yellow onions, thin sliced
- 3 eggs
- 1 cup whole milk
- 1 cup heavy cream
- ¼ teaspoon black pepper
- ¼ teaspoon nutmeg
- 2 ounces smoked bacon lardons

Gently combine 3 cups flour, ¼ cups butter and ¼ teaspoon salt with enough cold water to form dough. Refrigerate while completing other steps.

Heat oven to 350°F.

Melt remaining 1 tablespoon butter in large sautépan over low heat. Add onions, and cook until soft but not browned, about 30 minutes. Let cool to room temperature. Add remaining 2 tablespoons flour, eggs, milk, cream, black pepper, nutmeg and ¼ teaspoon salt, and mix well.

Grease 12-inch tart pan with butter. Roll out dough, and press into pan. Add onion mixture, and sprinkle lardons over top. Bake 45 minutes, or until crust turns golden brown. Serves 12.

WHAT TO DRINK
Beck's 2015 Zentrberg Grand Cru Sylvaner (Alsace)
The crisp, lively notes of Sylvaner makes a wonderful, refreshing match for onion tart. Its acidity is a sharp counterpoint for the tart's creaminess, while its herbal edge sings with the sweet onion. From the same village, Mittelbergheim, comes this richer style of Sylvaner, an ideal pairing.

Many drinks are heavy on fried or grilled meats and starchy sides, so you need a vegetable dish like this for balance. This one comes from El Five in Denver, which focuses on responsibly grown and sourced, innovatively simple, vegetable-forward menus. Using vegetable scraps for the ash is tantamount to nose-to-tail eating in the meatless world. —Mike DeSimone and Jeff Jensen

Ash-Roasted Carrots
Courtesy Justin Cucci, executive chef/owner, El Five, Denver

- 1 pound vegetable scraps, (like onion, carrot peels, celery, broccoli or cauliflower stems)
- 2 pounds medium carrots
- 3 tablespoons olive oil
- 1 tablespoon salt
- Ras el Hanout Yogurt (recipe follows)
- Basil Vinaigrette (recipe follows)
- 1 tablespoon dill, chopped
- 1 tablespoon chives, chopped
- 1 tablespoon mint, chopped
- ½ cup pine nuts, toasted
- ½ head fennel, thin sliced
- 3 radishes, thin sliced
- Granola, for garnish (visit winemag.com/alfredorefreshed for Super Seed Granola)

Heat oven to 300°F. Spread vegetable scraps on baking sheet. Drizzle with oil, salt and pepper. Roast until soft, about 1 hour. Remove from oven, and set aside. (Ash can be made ahead and used multiple times.)

Heat oven to 350°F. Toss carrots with oil, salt, and pepper. Spread on baking sheet, and cover with ash. Roast until fork tender, about 35 minutes. Let cool, and remove from ash.

Spread ras el hanout yogurt on bottom of large serving platter. Cut carrots into bite-sized pieces. Toss carrots with basil vinaigrette, and spread atop yogurt. Top with dill, chives, mint, pine nuts, fennel and radishes. Garnish with granola. Serves 4.

WHAT TO DRINK
Ouled Thaleb 2016 Moroccan White Blend (Morocco)
"Made from Fainache and Clairette, this floral and aromatic Moroccan white has notes of grapefruit, orange blossom, passion fruit, elderflower and spearmint with a refreshing finish," says Kelley Pottebaum, sommelier at El Five. "It has good weight with citrus notes and spice that pair well with the roasted carrots."

RAS EL HANOUT YOGURT

- 1 cup low-fat plain Greek yogurt
- 2 teaspoons ras el hanout spice blend
- 1 tablespoon honey
- Juice of 1 lemon

Combine all ingredients. Let sit 1 hour to allow flavors to blend together.

BASIL VINAIGRETTE

- ½ cup basil, chopped
- ½ cup mint, chopped
- 1 ounce Sherry vinegar
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 garlic clove
- 1 teaspoon agave syrup
- 2 ounces extra-virgin olive oil
- 2 ounces grapeseed oil

Place all ingredients except oils in blender. Purée until smooth. While blender runs, slowly drizzle oils to emulsify mixture.

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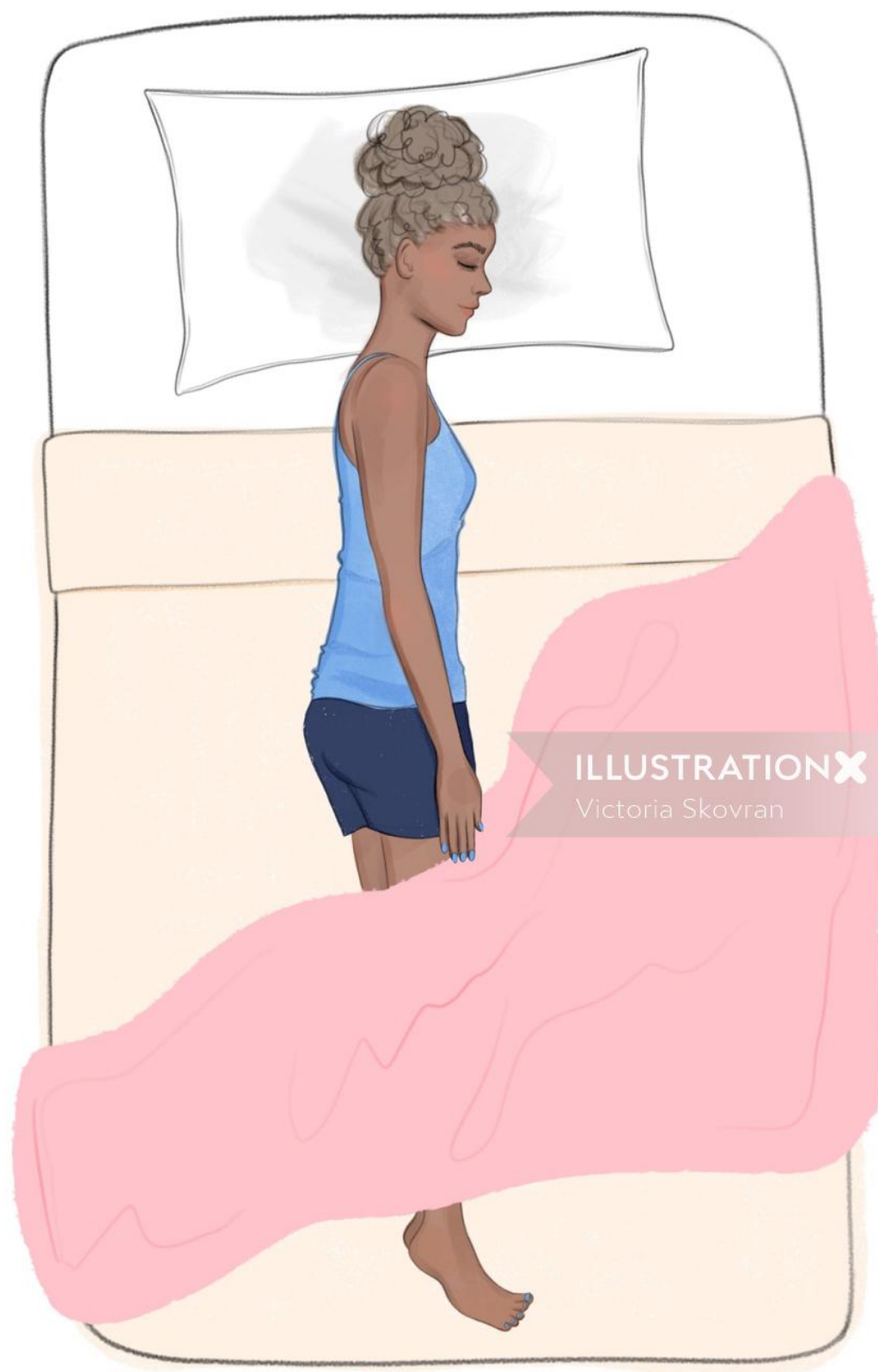
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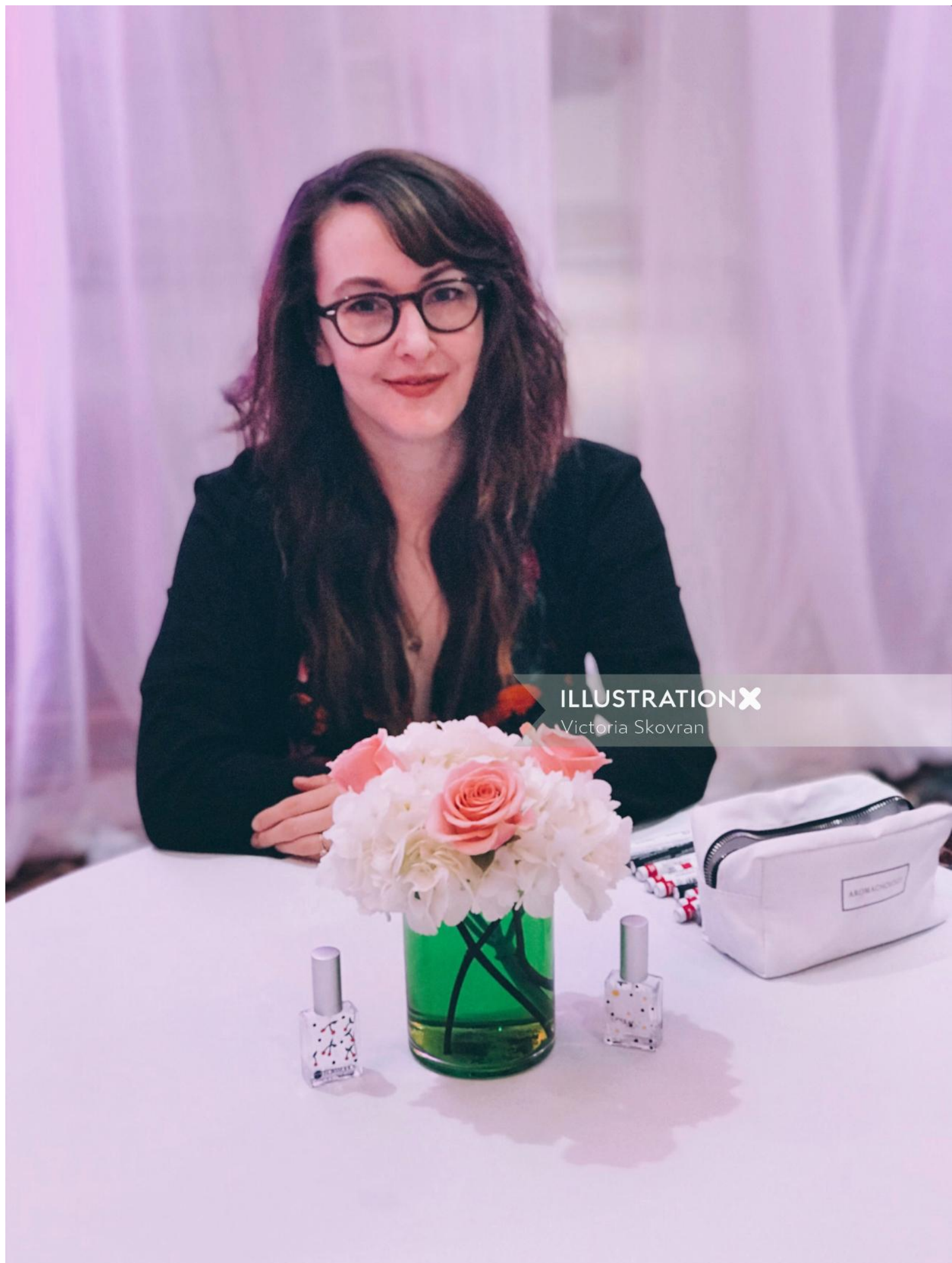
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