



**BAR  
TARTINE  
TECHNIQUES  
& RECIPES**

**NICOLAUS  
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**CORTNEY  
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**WITH JAN NEWBERRY  
PHOTOGRAPHS BY CHAD ROBERTSON**

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# BAR TARTINE

## TECHNIQUES & RECIPES

by Nick Balla and Cortney Burns

with Jan Newberry

Photographs by Chad Robertson



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# WARM BEET SOUP WITH SMOKED BRISKET & BRUSSELS KRAUT

Having a larder filled with preserved ingredients allows us to ignore the calendar. Butternut squash in the summer, Brussels sprouts in the spring, ramps in fall—with the aid of fermentation and dehydration we cook with our favorite ingredients year-round. This soup is a bit of a project. It calls for a long-smoked brisket and Brussels kraut, which require several weeks to ferment. But the preparation is half the fun and the reward for your effort is a soup of rich and deeply complex flavors.

Serves 4 to 6

## SMOKED BRISKET

1.5 lb/680 g beef brisket, cut from the thicker section if possible

2 qt/2L onion brine → [567](#)

## BEET SOUP

1 lb/455 g red beets

½ cups/120 ml water

Reserved ½ cup/120 ml beef fat drippings from smoking the brisket or beef tallow → [567](#)

2 sweet white onions, cut into ½ inch/1.25cm dice

10 garlic cloves, thinly sliced

8 dried árbol chiles, toasted and crushed, or 1 tbsp red pepper flakes → [567](#)

2 tbsp hot paprika → [567](#)

2 qt/2 L beef broth → [567](#)

1.5 lb/680 g Brussels kraut with brine → [567](#), halved, or sauerkraut with brine → [567](#)

6 dried tomatoes → [567](#), minced

Reserved cubed smoked brisket

1 tbsp plus 1 tsp kosher salt

1 tsp freshly ground black pepper, plus more for garnish

Sour cream → [567](#) for garnish

Chopped fresh dill for garnish

Chopped green onions for garnish, use green and white, cut on a bias

Chopped flat leaf parsley leaves for garnish

**TO MAKE THE SMOKED BRISKET:** In a large container, combine the brisket and brine, cover, and refrigerate for 24 hours. Remove the brisket from the brine and pat dry with a towel.



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Soak 4 generous handfuls hardwood chips in water to cover for at least 1 hour.

**IF USING A SMOKER,** following the manufacturer's instructions, set up and smoke the brisket at 180°F/82°C until the meat is very tender but not falling apart 10 to 12 hours. Reserve ½ cup beef drippings if possible.

**IF USING A GAS GRILL:** Put an empty drip tray beneath the grate where the meat will be. Light one burner opposite the grill pan to medium. Put a smoker box over the lit burner, add a handful of the soaked wood chips to the box, and close the grill. Adjust the heat as needed to keep the temperature at 180°F/82°C. The wood chips should begin to smolder and release a steady stream of

smoke. Put the brisket, fat side up, over the drip pan. Cover the grill and smoke the meat, adjusting the heat as needed to keep the temperature at 180°F/82°C. Check the wood chips every 45 minutes or so and add more soaked chips as necessary to keep the smoke level constant. Rotate the brisket every 3 hours, flipping as needed if one side is coloring faster than the other, until the meat is very tender but not falling apart, 10 to 12 hours. Reserve ½ cup/120 ml of the beef fat drippings from the drip pan.

**IF USING A CHARCOAL GRILL:** Fill a chimney starter with charcoal; light it and let burn until the coals are covered with a thin layer of ash. Put an empty drip pan on one side of the grill beneath the grate and pour the hot coals on the

side opposite the empty pan. Put a handful of wood chips next to the hot coals, put the grate on the grill and cover the grill, positioning the vent on the lid on the side opposite of where the fire is. Stick a thermometer through the vent and heat the grill to 180°F/82°C adjusting the vents on the top and bottom of the grill as necessary to maintain the temperature. Put the brisket, fat side up, on the grate over the drip pan. Cover the grill and smoke the meat, adjusting the vents as needed to keep the temperature at 180°F/82°C. Check the fire every 45 minutes or so and add more hot coals and soaked chips as necessary to keep the smoke level constant. Smoke the brisket, rotating it every 3 hours and flipping as needed if one side is coloring faster than the other, until the meat is very tender but not falling apart 10 to 12 hours. Reserve ½ cup/120 ml beef fat drippings from the drip pan

When the brisket is ready, remove from the heat. Transfer to a cutting board or tray and let rest until it is cool enough to handle, about 20 minutes. We keep the fat cap because the fat adds good flavor to the finished dish, but you can trim off some or all of it if you like. Cut the meat into ½-in/12-mm cubes.

**TO MAKE THE BEET SOUP:** Preheat the oven to 350°F/180°C. Spread the beets in a single layer in a shallow roasting pan. Add the water to the pan and cover tightly with aluminum foil. Bake until tender, about 1 hour. Let the beets cool to room temperature, then peel them and cut into large dice. Set aside. (The beets can be cooked up to 3 days ahead.)

Heat a large pot over medium heat until a drop of water flicked on the surface sizzles gently on contact. Add the beef drippings, onions, garlic, and

chiles and cook, stirring occasionally, until the vegetables are slightly softened but not browned, about 10 minutes. Add the paprika and stir until fragrant, about 1 minute. Add the broth, Brussels kraut with its brine, and tomatoes, turn down the heat to low, and simmer until the Brussels kraut is tender, about 1 hour.

Add the reserved brisket and beets, salt, and pepper, mix well, and turn down the heat to the very lowest setting. Cook until all of the ingredients are warmed through and flavorful, about 30 minutes longer.

To serve, ladle into individual bowl and garnish with sour cream, dill, chopped green onion and parsley. Leftover soup will keep in an airtight container in the refrigerator for up to 5 days.



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# PERSIMMON SALAD WITH FERMENTED HONEY & BLACK WALNUTS

In this salad we call for two varieties of persimmon: the tomato-shaped Fuyu, ideal for eating raw, and the ultra-tannic Hachiya, which we dry to make hoshigaki → 567. With its layers of sweet, sour, salty, funky, and bitter flavors, this salad begs to be shared and enjoyed with a fine Japanese whiskey or a Hungarian pálinka. It may take a bit of hunting to find black walnuts, but the flavor is worth the effort. Their robust taste lies somewhere between chicory root and Candy Cap mushrooms and cannot be matched by ordinary walnuts. Likewise, fermented honey has nuanced aromas not found in standard honeys.

Serves 4 to 6

## DRESSING

1/3 cup/75 ml unfiltered sunflower oil

3 tbsp fresh lemon juice

2 tbsp fermented honey → 567 or local wildflower honey

1 tbsp rice vinegar → 567

2 tsp kosher salt

Freshly ground black pepper

12 oz/340 g mixed chicories, such as Treviso, punterelle, radicchio, escarole or endive, trimmed and torn into 1in/2.5cm pieces

2 Fuyu persimmons, peeled and halved through the stem end and cut into half-moons

1 fennel bulb, cored and finely sliced

2 hoshigaki → 567, cut into 1/4-in/60-mm dice

1 cup/115 g black walnut pieces or walnuts, toasted

4 oz/115g Parmesan or other dry-aged cheese

Freshly ground black pepper

**TO MAKE THE DRESSING:** In a small bowl or in a small jar with a lid, combine the oil, lemon juice, honey, vinegar, salt, and pepper to taste and whisk or shake to combine. (The dressing can be made up to 1 week in advance and stored in an airtight container in the refrigerator.)

In a large bowl, combine the chicories, Fuyu persimmons, fennel, hoshigaki, and walnuts. Add the dressing and toss to coat all of the ingredients evenly. Transfer to a large serving platter and grate the cheese evenly over the top. Season with lots of pepper and serve. After it is dressed, this salad should be eaten immediately.

**TIP:** If you aren't making your own hoshigaki → 567, you can purchase them at some fruit stands and Asian markets and online (see Sources).



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# ENGLISH PEA & GOAT CHEESE DIP

Peas usually come into season locally in March, just about the time when we've had our fill of root vegetables. It's always exciting to have new ingredients to play with, and we often engage in some pretty serious debate about what to do with fresh English peas. This dip, which pairs them with grassy, creamy goat cheese, often wins that argument.

*Serves 4 to 6*

**1 cup/225g fresh goat cheese → 567, at room temperature**

**1 tbsp sour cream → 567, at room temperature**

**1 tsp smoked onion powder → 567 (or use onion powder → 567)**

**1 tsp kosher salt**

**1 tsp freshly ground pepper**

**1 tsp honey**

**1 tbsp filtered grapeseed or sunflower oil**

**2 shallots, minced**

**1 cup/140 g shelled English peas, from about 1 lb/455 g peas in the pod**

**zest of 1 lemon, grated**

**1 tsp kosher salt**

**1 bunch lacinato or other kale, stemmed and leaves chopped into 1-in/2.5-cm pieces**

**Handful of pea leaves and tendrils, chopped into 1-in/2.5-cm pieces**

**Onion flowers for garnish (optional)**

**Anise hyssop for garnish (optional)**

**1 tbsp flax spice → 567**

**Fennel oil for garnish → 567 or extra virgin olive oil**

**Crackers, sliced bread, or sliced raw vegetables for serving**

In a medium bowl, combine the goat cheese, sour cream, onion powder, salt, pepper, and honey and stir until all of the ingredients are well incorporated. Cover with plastic wrap and refrigerate until chilled, at least 30 minutes, or for up to 1 week.

Heat a small sauté pan over low heat until a drop of water flicked on the surface sizzles gently on contact. Add 1 tsp of the oil and the shallots and cook, stirring occasionally, until the shallots are quite soft, about 20 minutes. Remove from the heat and let cool to room temperature.

Bring a large saucepan of salted water to a boil. Add the peas and boil for 20 seconds. Drain, rinse under cold running water until cool, and drain again. Using a sharp knife, chop the peas thoroughly, then transfer to a small bowl. Add the cooked shallots, lemon zest, and salt.

Wipe out the small sauté pan, place over medium heat, and heat until a drop of water flicked on the surface sizzles gently on contact. Add the remaining 2 tsp oil and the kale and cook, stirring, until the kale has softened, about 3 minutes. Transfer the kale to a bowl, add the pea leaves and ten-

drils, and stir for 10 seconds until they begin to wilt. Let cool to room temperature.

To serve, put the goat cheese dip on a large serving platter and top with the pea mixture and the kale mixture. Garnish with the onion and anise hyssop flowers, if available, and season with the

flax spice. Pour fennel oil over the top and serve, accompanied with the flax crackers alongside. This dip tastes best if eaten the same day it is made. Leftover dip will keep in an airtight container in the refrigerator for up to 4 days.



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# BRUSSELS SPROUTS WITH DRIED TUNA & TONNATO SAUCE

The Brussels sprouts outer leaves are peeled and cooked briefly while the sweet middles are roasted, and then we grate dried tuna → [567](#) over the top.

Serves 4 to 6

2 lb/ 900 g Brussels sprouts, core end cut off

1.5 cups/tk g tonnato sauce (recipe page 000)

2 tbsp unfiltered grapeseed oil (or use leftover salmon poaching oil, page 000)

2 tsp kosher salt

½ oz/TK g chunk of dried tuna

2 lemons, cut in half

2 tbsp sunchoke oil → [567](#) or extra virgin olive oil to garnish

1 handful torn chervil

Pick the leaves off of the sprouts until about they are about half of their original size. Cut the inside sprouts in half and reserve the leaves separately.

Preheat an oven to 350°F/175°C. Prepare an ice bath. Bring a large pot of salted water to a boil. Add the leaves and cook until they start to look bright green but are still firm, about 20 seconds. With a slotted spoon, immediately transfer the leaves to the ice bath. When the leaves are cold, remove them from the ice bath, gently squeeze the excess water with your hands, and pat dry. Place in a covered container and refrigerate until ready to use. (The leaves can be cooked up to a few hours ahead of serving.)

In a large bowl, gently toss the halved Brussels sprouts with the grapeseed oil and 1 ½ tsp of the kosher salt (reserving a half teaspoon to season the leaves later). Lay the sprouts out on a sheet pan, cut-side down. They can be touching, not stacked. Bake for 15 to 20 minutes, until the cut surface of the sprouts is a light golden brown. Remove from the oven. Let the sprouts cool down to just above room temperature.

To serve, spread the tonnato sauce over the bottom of a serving platter. Place the roasted sprouts with the charred side facing up over the tonnato sauce. In a medium mixing bowl, toss the leaves with the lemon juice, sunchoke oil and the half teaspoon of reserved kosher salt. Arrange the leaves over the charred sprouts, pouring any sunchoke oil from the bowl over the sprouts. Grate tuna with a fine grater generously over the entire plate, tear chervil over the tuna, and top with plenty of fresh ground black pepper.

Store the cooked sprouts, refrigerated, for up to 3 days.



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# LENTIL CROQUETTES WITH WATERCRESS AND KEFIR

This is a dish of addictive contrasts: crisp, warm, and spicy against cool, acidic, and refreshing. Inspired by dahi vada, a fried lentil dumpling served with spiced yogurt and one of our favorite Indian snacks, these croquettes skew more toward Budapest than Bombay flavorwise. Of course, the spice trade that passed through India brought many of the spices that characterize Hungarian food, such as caraway and paprika. We like to think that this dish reflects that journey—an Indian dumpling from the banks of the Danube.

Makes 18 croquettes; serves 4 to 6

## KEFIR SAUCE

1 cup/240 ml milk kefir → [567](#) or undrained yogurt → [567](#)

1 ½ tbsp honey

1 tsp kosher salt

## WATERCRESS SAUCE

2 bunches watercress, large stems removed

½ cup/120 ml kombu dashi → [567](#)

1 tsp coriander seeds, toasted and ground → [567](#)

1 tsp caraway seeds, toasted and ground → [567](#)

1 tsp kosher salt

## LENTIL CROQUETTES

1 cup/TK g lentil sprouts → [567](#)

4 oz/115 g Danish-style rye or pumpernickel bread, crumbled

2oz/56g well-drained Turó cheese, substitute farmers cheese or ricotta

½ bunch green onions, use green and white parts

3 garlic cloves

1 serrano chile, stemmed and chopped

1 tbsp sweet onion powder → [567](#)

1 tsp caraway seeds, toasted and ground → [567](#)

1 tsp sweet paprika → [567](#)

1 tsp kosher salt

¼ cup/60 ml kombu dashi → [567](#)

Rice bran oil for deep-frying

Sour cherry syrup → [567](#) for garnish

½ cup/TK g lentil sprouts → [567](#)

Watercress leaves for garnish



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**TO MAKE THE KEFIR SAUCE:** In a small bowl, combine the kefir, honey, and salt, mixing well. (The sauce can be made up to 1 day in advance and stored in an airtight container in the refrigerator.)

Heat a large cast-iron frying over medium-high heat until a drop of water flicked on the surface sizzles gently on contact. Add the green onions to the hot pan and press down on them with a weight or heavy pan. Cook until the onions begin to char, about 3 minutes. Turn the onions over, press down on them with the weight, and cook until charred on the second side, about 3 minutes. Continue until all sides are evenly charred but not completely black. Let cool to room temperature.

**TO MAKE THE WATERCRESS SAUCE:** Chill a blender beaker in the freezer for at least 15 minutes. In the cold blender, combine the watercress, dashi, coriander, caraway, and salt and purée until smooth. Transfer to a bowl and let stand at room temperature while you prepare the croquettes. (This sauce tastes best if eaten the day it is made.)

**TO MAKE THE CROQUETTES:** In the blender or a food processor, combine the lentils sprouts, bread, charred green onions, garlic, chile, onion powder, caraway, paprika, salt, and dashi and process until a smooth paste forms.

Pour the oil to a depth of 2 in/5 cm into a cast-iron or other heavy pot and heat to 350°F/180°C. Line a sheet pan with paper towels and set a cooling rack on the pan.

Using your hands, gently shape the lentil sprout mixture into 2-in/5-cm balls and put them on a large plate or sheet pan. (The croquettes can be

shaped a day in advance, covered with plastic wrap, and refrigerated overnight. Bring to room temperature before frying. Add the croquettes, a few at a time, to the hot oil and fry until browned and crisp, about 2 minutes. Using a slotted spoon or a skimmer, transfer them to the prepared rack to drain. Repeat with the remaining croquettes.

To serve, add the watercress sauce to the kefir sauce and stir gently to mix the sauces slightly without incorporating them fully. The mixture should be a swirl of green and white. Transfer the croquettes to a serving platter and spoon the kefir and watercress sauce on top to cover the croquettes completely. Top with sour cherry syrup and garnish with lentil sprouts and watercress.



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# FARMER'S CHOP SUEY

Cortney's grandmother Ethel came to America from Lithuania in 1906. A frugal shopper, Ethel thought nothing of going to three different grocers looking for the best deal on cabbage. She would often buy less-than-perfect vegetables from the bargain bin to use in this classic Jewish American salad. It's one of Cortney's mother's favorite dishes from her childhood, and one beloved by Ethel's granddaughter, as well.

Serves 4

8 eggs

2 pt/960 ml cherry tomatoes, halved

2 cucumbers, cut into ½-in/12-mm chunks

1 lb/455 g button mushrooms, stems trimmed and quartered

2 red sweet peppers, cut in ½-in/12-mm pieces

1 red onion, cut in ¼-in/6-mm dice

2 tbsp fresh lemon juice

1 tbsp onion powder → 567

1 tsp dry mustard

1 tsp sugar

¼ tsp celery seeds

2 tbsp red wine vinegar → 567

Kosher salt and freshly ground black pepper

4 eggs

2 cups/480 ml sour cream → 567

1 cup/225 g cottage cheese → 567

½ bunch fresh dill, chopped

For the eggs, bring a medium pot to boil over high heat. Gently slide your eggs into the pot and bring back to the boil. Boil for 8 minutes. While they are cooking, set up an ice bath. After 8 minutes, remove eggs from the water, place in the ice bath, and cool for 10 minutes. Peel the eggs, and set aside until ready to use.

For the salad, in a large serving bowl, combine the tomatoes, cucumbers, mushrooms, peppers, and onion. Dust with the onion powder, dry mustard, sugar, celery seeds, vinegar, and salt and pepper to taste and toss well. Let stand for at least 15 minutes or for up to 1 hour before serving.

Just before serving, quarter the eggs, season with a pinch of salt, and mix with the vegetables, sour cream, cottage cheese, lemon juice and dill and toss well. Taste and adjust the seasoning with salt and pepper if needed, then serve. Leftover salad can be stored in an airtight container in the refrigerator for up to 2 days.



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# RUGELACH

In Yiddish the word rugelach translates to “little twists.” Cortney grew up craving these cookies. Here we alter the shape a bit from the traditional cookie, which is often formed into a crescent. Many fillings can be used for this, see rhubarb compote → 567, or strawberry jam → 567.

## DOUGH

½ cup/60 g all-purpose flour

½ cup/TK g light rye flour

1 cups/TK g Kamut flour

1 tbsp granulated sugar

½ tbsp fennel pollen → 567

½ tbsp kosher salt

1/8 tsp freshly ground black pepper

½ lb/112 g cultured butter → 567, chilled and cut into ½-in/1.2cm pieces

½ lb/225 g cream cheese → 567, at room temperature

1/8 cup/30 ml sour cream → 567, at room temperature

## POPPYSEED PASTE

¾c/4oz poppy seeds

½c/ kefir butter

½c/ milk

¼c/ sugar

¼c fermented honey

¼tsp salt

1 egg, beaten

## Raw sugar for garnishing

In a food processor, combine the all-purpose flour, rye flour, Kamut flour, granulated sugar, fennel pollen, salt, and pepper and process briefly to combine. Scatter the butter over the flour mixture and pulse until the mixture is crumbly. Transfer to a large bowl, add the cream cheese and sour cream, and mix with a wooden spoon until a smooth dough forms. Cover with plastic wrap and refrigerate until well chilled, at least 4 hours or for up to 24.

Meanwhile make the poppyseed compote:

In a spice or coffee grinder pulse the poppy seeds in batches for 15 to 20 seconds until broken up and powdery. Over medium heat in a small pan melt the butter. Whisk in the milk, sugar, and honey, and simmer, stirring occasionally until the sugar and honey are fully dissolved. In a medium stainless steel bowl whisk the egg. Gradually pour the hot liquid into the egg while whisking. Add the egg mixture back to the pot and over medium heat whisk for 3 to 5 more minutes until the mixture thickens and turns yellow. When it coats the back of a spoon in a thick layer you know it is ready. Remove from heat and with a whisk incorporate the poppyseeds into the warm mixture. Cool completely before using. This will keep in the refrigerator for 5 to 7 days.

On a floured work surface, roll out the dough into a rectangle about ¼ in/6 mm thick. Spread the poppyseed compote in a thin layer over the



dough. Starting from a long edge, roll up the dough into a log. Wrap tightly in plastic wrap and chill until firm, at least 2 hours or for up to 24 hours. You can freeze for up to 2 weeks.

Preheat the oven to 350°F/180°C. Line a baking sheet with parchment paper.

Cut the log crosswise into pieces 1 in/2.5 cm thick. Arrange the pieces with the cut side down

on the prepared pan. Brush the tops with the beaten egg and dust lightly with raw sugar. Bake until dark golden brown, 15 to 20 minutes.

Remove from the oven, transfer to a wire rack, and cool completely. The cookies taste best when eaten the day they are made, but they can be stored in an airtight container at room temperature for up to 3 days or frozen for up to 1 month.

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