

Vegetable Tart

A great opportunity to use up small amounts of vegetables and odd bits of cheese all in a lovely tart. I like to use my food processor for speed and because I usually make a double batch. The pastry will keep sealed in the fridge for up to a week or in the freezer.

Homemade Pastry

<p>500 gr plain flour (can be wholemeal) 250 gr margarine, butter or non-dairy spread pinch of dried herbs seasoning water to mix</p> <p>Optional additions: ½ teaspoon dry mustard onion or garlic salt instead of salt chilli flakes grate old bits of cheese 1 egg yolk chopped fresh herbs instead of dried herbs</p>	<p>Place the ingredients in the food processor and blitz til it resembles breadcrumbs. Slowly add the cold water until the pastry forms a ball. This should not be too soft but soft enough to rollout. When you are happy that the pastry is the right consistency place in some greaseproof paper or in a bowl covered with plastic, leave in the fridge for at least 30 minutes.</p> <p>When ready to roll, dust your work surface or board with flour and gently roll the pastry out into the shape of the container you wish to fill. The amount made may be too much for one tart.</p> <p>Line the tart dish with baking parchment or grease it well. Place the rolled pastry into the dish.</p>
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Fillings

<p>Basic Egg Mixture (for a 12 inch deep tart tin) 4 eggs 300 ml milk or cream or half & half 125 gr cheese seasoning</p>	<p>Beat all the ingredients together You can use vegan alternatives for the milk, cream and cheese. Feta, mozzarella or stilton is excellent in a tart, but any cheese will do, even if it is a bit old and dry</p>
<p>Vegetable Fillings mushrooms spring onions spinach</p>	<p>Slice and dry fry together, place in base of tart tin, and add egg mixture. Place in a hot oven 180°C gas mark 5 for 40 minutes. Serve with a lovely green salad.</p>
<p>Other Vegetable Filling ideas leek, mushroom, fresh herb and stilton courgette and red pepper (add mozzarella or feta - stilton will be too strong)</p>	<p><u>Vegan alternative filling</u> Aubergine puree: Roast 1 large aubergine until soft. Mash it with some garlic puree and seasoning, line the base of your Vegan pastry case with the aubergine puree. Top this with a any vegetable filling scatter with sunflower seeds and some vegan cheese. Bake for about 30 minutes. You may need to cover the top with foil, so it does not dry out.</p>

