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| Goats Cheese and caramelised onion TartFor the filling:  |
|  6 tablespoons balsamic vinegar |
|  2 lb (900 g) red onions, very finely sliced |
|  2 x 100 g goats' cheeses |
|  1 oz (25 g) butter  |
|  1 level dessertspoon chopped fresh sage  |
|  8 sage leaves |
|  a little olive oil |
|  cayenne for sprinkling |
|  salt and freshly milled black pepper |
| For the cheese pastry:  |
|  3 oz (75 g) butter, at room temperature |
|  6 oz (175 g) plain flour  |
|  2 oz (50 g) strong Cheddar cheese, grated |
|  ½ level teaspoon mustard powder |
|  pinch cayenne |
|  1 egg, beaten  |
|  Pre-heat the oven to gas mark 4, 350°F (180°C). |
| Equipment |
| You will also need eight 3½ inch (9 cm) diameter x 1 inch (2.5 cm) high mini flan tins, greased, and a 5 inch (13 cm) pastry cutter or plate to cut around. |

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| Method1. First make up the pastry by rubbing the butter lightly on to the flour, then adding the cheese, mustard and cayenne plus just enough cold water to make a smooth dough.
2. Then place the dough in a polythene bag to rest in the refrigerator for 20 minutes. After that, roll it out as thinly as possible and use a 5 inch (13 cm) cutter, or a saucer or something similar, to stamp out 8 rounds.
3. Line the greased tins with them, then bake in the oven, centre shelf, for 15-20 minutes or until the pastry is cooked through but not coloured.
4. Then cool the pastry cases on a wire rack and store them in an airtight tin until they are needed.
5. To make the filling, melt the butter in a heavy-based, medium-sized saucepan, stir in the onions, balsamic vinegar and chopped sage, season and let everything cook very gently without a lid, stirring often, for about 30 minutes until they have reduced down and taken on a lovely glazed appearance and all the excess liquid has evaporated away.
6. Then let the mixture cool until you are ready to make the tarts. To bake them, brush a little beaten egg on to each pastry case, pop them back into the oven, same temperature as above, for 5 minutes – this helps to provide a seal for the pastry and helps it from becoming soggy. Now spoon the onion mixture into the cases.
7. Top each one with a slice of goats' cheese and a sage leaf that has first been dipped into olive oil. Finally sprinkle with a little cayenne and bake for 20 minutes.
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