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| |  | | --- | |  | | Goats Cheese and caramelised onion Tart  For 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. | |
| Method   1. 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. | |