



CARMELIZED LEEK AND GREEN LEAVES TART

Season: Winter, spring
From the garden: Leeks, green leaves like spinach, silverbeet etc., eggs, fresh herbs
Type: Baking
Difficulty: Easy
Country of origin: France
Serves: 5-6 serves or 20 tastes
Source: www.puregreenmag.com

Equipment

- *chopping board
- *knife
- *bowls
- *food processor
- *measuring cup
- *measuring spoon
- *colander
- *frying pan
- *rolling pin
- *cheese grater
- *tart tin
- *pastry brush

Ingredients

- * $\frac{3}{4}$ cup wholemeal flour
- * $\frac{1}{2}$ cup plain flour
- * $\frac{1}{2}$ tsp salt
- *6 tbsp butter
- *cold water
- *a few handfuls of greens
- *2-3 leeks
- * $\frac{1}{2}$ cup milk, cream, sour cream or a mix
- *1 cup grated cheese
- *1 tsp mixed dried herbs (oregano, thyme etc.)
- * $\frac{1}{2}$ tsp salt and pepper to taste
- *3 eggs
- *fresh herbs like parsley, chives etc.

Method

- 1. pre-heat oven to 180 degrees**
- 2. for the pastry, add the flour, salt and butter into a food processor and blitz**
- 3. add a couple of tablespoons of cold water until the dough comes together in a ball**
- 4. if you have time, rest the dough in the fridge for 30 min.**
- 5. on a lightly floured surface, roll the dough into a circle, a little bit bigger than the tart tin**
- 6. brush tart tin with butter or oil and transfer pastry to the tin. prick the pastry a few times with a fork and bake in the oven for 10 min.**
- 7. while the pastry is in the oven, wash and chop your greens and herbs**
- 8. clean the leeks, cut into small rounds and cook with the oil or butter in a frying pan until lightly brown and caramelized, for around 10 min.**
- 9. add greens to the pan and cook for another minute**
- 10. grate the cheese**
- 11. in a bowl combine the greens, herbs, leek, half of the cheese, milk, eggs, salt and pepper and mix**
- 12. remove the pastry from the oven, pour the mixture into the pastry shell, sprinkle the remaining cheese on top and return to the oven for another 25 min.**
- 13. serve warm or at room temperature**

Notes: to caramelize means to cook something until it's browned by turning the food's natural sugar into caramel

Skills: measuring, *mixing, rolling dough, chopping, using a food processor*