



CARAMELIZED 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 big 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 herbs 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 foods natural sugar into caramel

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