

Goats Cheese Tart

with Caramelized Onions & Wild Blueberries

*Makes 8 small tarts to serve 4
as a main course*

Seeded herb pastry

400g plain flour
15ml sesame seeds
15ml black onion seeds
15ml freeze dried parsley
200g cool unsalted butter, or
margarine, cut into pieces
1/2 tsp salt
175ml cold water

Base filling

1 small red onion, finely
chopped
30ml virgin olive oil
30ml caster sugar
15ml balsamic vinegar
100g frozen Wild Blueberries
200g firm goats cheese, cut
into cubes
1 free range egg
3 free range egg yolks
salt and freshly ground pepper
300ml whole milk
75g frozen Wild Blueberries
generous sprig fresh tarragon
or parsley, chopped



Preparation

To make the seeded pastry, place the flour, sesame seeds, black onion seeds and parsley in a food processor, saving some seeds and herbs for rolling. Add the butter or margarine with 1/2 tsp of salt. Pulse the blade until mixture resembles fresh bread crumbs. Add all of the water and pulse to form a coherent pastry. Do not over mix. Turn pastry out onto a floured surface, shape into a neat round and refrigerate for 30 minutes.

In the mean time, heat the red onion in olive oil for 5-10 minutes until soft, add the sugar, vinegar and Wild Blueberries, then simmer for 10-15 minutes to achieve a dropping consistency. Allow to cool and set aside.

