

# Goats Cheese Tart

with Caramelized Onions & Wild Blueberries

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*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.

