

CARAMELISED ONION AND THYME TARTS

From our garden: thyme, edible flowers

NOTES TO STUDENTS and VOLUNTEER:

1. Work in pairs to make this recipe.
2. Each pair is to make one tart. This recipe makes one tart.

EQUIPMENT

Chopping board
Knife
Baking dish
Fork
Large fry pan
Wooden spoon
Baking Paper/ Weights (rice)
Large mixing bowl
Whisk
Measuring jug
Measuring spoons

INGREDIENTS

1 sheet puff pastry
1 large onion
1-2 sprigs thyme
1 egg
50mls cream
knob of butter
splash of olive oil
1 tsp sugar
2 tbsp milk
¼ tsp grated nutmeg
½ C grated tasty cheese
Salt & freshly ground black pepper

WHAT TO DO

- Preheat oven to 180C
- Line a baking dish (including the sides) with puff pastry. Use a fork to prick the surface of the pastry. Cover pastry with baking paper, weigh down with rice and cook for 10 minutes (this is called blind baking). Remove from the oven; carefully remove paper and rice (to be used again). Set pastry aside to cool.
- Peel, cut the onion in half and **thinly** slice the onion.
- Wash the thyme and remove the leaves from the stalk.
- Heat a large frypan over medium heat and add the butter, olive oil, sugar, thyme leaves and onion. Sauté until lightly golden brown.
- Once cooked place onion on top of the pastry. Spread evenly.
- Top the onion with the cheese. Spread evenly.
- In a small mixing bowl whisk egg, cream, milk, nutmeg, salt and freshly ground black pepper.
- Gently pour over the cheese.
- Place in the oven and bake for 15 – 20 minutes or until lightly golden brown and firm to touch.
- Can be served warm or cold. Garnish with edible flowers.