



EMILY,
The Mountbatten School,
Romsey, Hampshire



Emily chopping watercress

Emily's Rosary and Red Onion Tart

Serves 2

RED ONION FILLING

30g butter
2 medium red onions,
sliced thinly
3 tbsp balsamic vinegar
1 tbsp brown sugar
Salt and pepper
1 tbsp home-grown thyme
leaves, finely chopped
100g Rosary goats cheese*
4 sprigs thyme

PASTRY

100g plain flour
50g butter
30g Lyburn Gold cheese, grated
¼ tsp mustard powder
Pinch cayenne pepper
2 medium eggs, beaten

RED ONION FILLING

1. Preheat oven to 180°C/Gas Mark 4.
2. Slightly grease 2 x 10cm flan tins.
3. Melt the butter in a large saucepan, stir in the red onions, cook for 3 – 4 minutes until soft.
4. Pour in the balsamic vinegar and sugar. Season with salt and pepper and cook gently for 30 minutes until glossy.
5. Stir in the chopped thyme. Remove from heat and leave to cool.

PASTRY

6. Rub together the flour and butter in a large bowl until it resembles breadcrumbs.

7. Stir in the cheese, mustard powder, and cayenne pepper. Add 1 beaten egg and mix to form a smooth dough. Wrap in cling film and chill for 20 minutes.
8. Roll out pastry and line the flan tins, prick the base and line with greaseproof paper. Place onto a baking tray. Bake for 15 – 20 minutes.
9. Remove from the oven and brush the base with extra beaten egg. Bake for 5 minutes.

TART

10. Spoon the onion mixture into the cases. Top with a thick slice of goats cheese, place onto a baking tray and bake for 10 – 12 minutes.
11. Garnish with thyme and serve with a seasonal salad and new potatoes.



KEEPING IT LOCAL

Rosary Goats Cheese

*Available from The
Co-operative Local Flavours range



Rosary goats
cheese has a subtle
creamy taste - try
it with sun-ripened
tomatoes.



The Create and Cook Competition is run by fit2Cook education and generously Sponsored by The Southern Co-operative. For more information See www.fit2Cook.co.uk