

Recipe of the month

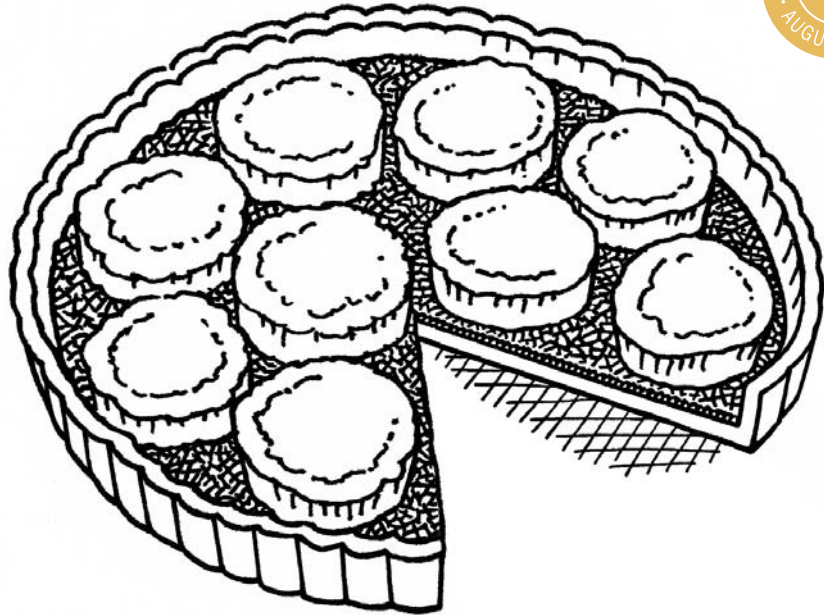


This tart is one of my all-time favourite dishes and a fail-safe for a healthy lunch. It's so simple to make and the end product is really beautiful, with the deep red of the onions contrasting beautifully with the creamy goat's cheese. This is vegetarian cooking at its tastiest. I hope you agree.

Julia

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Julia's Just Divine Goats Cheese & Red Onion Tart



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Ingredients

For the pastry:

- 170g plain flour
- 100g unsalted butter
- 2 stalks of rosemary
- 1 egg yolk
- 3 tbsp. cold water
- Salt

For the filling:

- 300g goats cheese log
- 4 red onions finely sliced
- 4 sprigs thyme
- 4 tbsp. balsamic vinegar
- 100ml red wine
- 70g caster sugar
- Salt to taste

Serves 2

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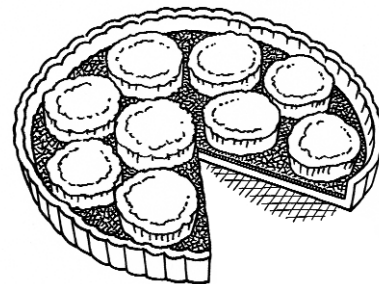
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Julia's Just Divine Goats Cheese & Red Onion Tart

How to prepare

1. Mix the flour, butter and rosemary in a food processor with a few pinches of salt. Add the egg and water then mix until it just comes together when you pinch it with your finger. Be careful not to over mix. Leave to rest in fridge for an hour.
2. In a pan, heat 2 tbsp. olive oil, add the onions and sauté till soft and starting to colour. Add the sugar and stir till dissolved. Pour in the red wine, vinegar and thyme sprigs.
3. Turn the heat down and cook for 15 minutes till thick.
4. Roll out the pastry and place into a 9 inch tart ring. Fill with the red onion mix.
5. Slice the goat's cheese log into thick slices and place on top of red onions.
6. Cook in the oven at 200C for about 20 minutes.
7. Serve with a rocket and watercress salad with balsamic dressing.



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