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by Liz Robb

Red Pepper and Goats Cheese Tart



Ingredients

250g plain flour
125g butter
Pinch of salt
1 egg
2 large red peppers
2 large red onions
2 fat cloves of garlic
1 tablespoon of olive oil
2 tablespoons of balsamic vinegar
1-2 teaspoons of soft muscavado sugar
150g soft goats cheese
5-6 small vine tomatoes
2 large eggs
140ml crème fraiche
Salt and freshly milled black pepper
A handful of chives
25g toasted pinenuts

Preparation

1. Preheat the oven to 190 degrees, or 170 degrees fan oven. Lightly grease a 22cm fluted flan tin with a loose bottom.
2. To make the pastry, sieve the flour into a large bowl and add a pinch of salt. Cut the cold butter into very small pieces, add it to the flour and lightly rub in until it resembles breadcrumbs. Add 8 tablespoons of cold water a little at a time until you can bring the pastry together into a dough
3. you may not need all of the water. Wrap the dough, formed into a thick disc, in cling film and chill it in the fridge for about 30 minutes.
4. Roll out the pastry thinly on a floured surface and use to line the prepared tin, trimming off any excess. Line the pastry shell with baking parchment, fill with baking beans and bake for about 15 minutes.
5. Take the pastry out of the oven, remove the baking beans and the baking parchment, brush lightly with beaten egg and bake again for just a few minutes before removing from the oven again.
6. While the pastry is blind baking, deseed the red peppers and cut them into quarters. Cook them under a hot grill, skin side up, for 10-12 minutes. Put in a plastic bag to cool in the fridge then, when chilled, peel off the skin and slice into strips.
7. Peel the onions and slice finely. Heat the olive oil in a pan and cook the onions gently for 5-6 minutes, adding the crushed garlic for the last 2 minutes. Stir in the balsamic

vinegar, sugar and a splash of cold water then cook for a further 7-8 minutes, stirring occasionally.

8 Increase the oven temperature to 200 degrees, or 180 degrees fan oven. Spoon the onion mixture onto the base of the pastry case and spread out evenly. Sprinkle the pepper strips over the onions. Slice the goats cheese and arrange the slices on top of the peppers and onions. Slice the tomatoes and arrange, cut sides up, in between the slices of cheese. Beat the eggs and combine them with the crème fraiche, then chop the chives finely and mix them in too. Season with salt and pepper then pour the mixture carefully over the other ingredients. Finally, scatter the toasted pinenuts on top. Transfer the tart back to the oven and bake for about 30 minutes, until it is cooked through and golden brown on top.

Cooks Note

This tart is really delicious served warm, straight from the oven. You can enjoy any that is left over cold the next day, lovely with a crisp green salad.