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by Liz Robb

Leek, Mushroom and Emmental Tarts



Ingredients

50g wholemeal flour
50g white self-raising flour
Salt and freshly milled black pepper
50g butter
Cold water
For the filling:
1 leek
100g chestnut mushrooms
1 fat clove of garlic
A large knob of butter
80g grated emmental cheese
2 large eggs
3 tablespoons of double cream
Salt and freshly milled black pepper
Fresh nutmeg

Preparation

1. 1. Preheat the oven to 180 degrees, 160 degrees fan oven.
2. 2. To make the pastry, place the wholemeal flour into a large bowl then sift in the self-raising flour. Add a good pinch of salt and a grinding of black pepper. Cut the slightly softened butter into small pieces, drop them into the flour and rub in until the mixture resembles breadcrumbs. Gradually add just enough cold water to form a dough that is not too sticky
3. I used 2 tablespoons. Leave in the fridge, wrapped in cling film or a plastic bag, for about half an hour.
4. 3. Trim and wash the leek, discarding any tough outer leaves, then halve it lengthways and slice very finely. Wipe the mushrooms and chop finely. Peel the garlic clove.
5. 4. To make the filling, heat the butter in a saucepan and sauté the leek for 3-4 minutes over a low heat, then add the crushed garlic and the mushrooms and cook for a further few minutes.

6 5. Lightly grease a patty tin. Roll out the pastry fairly thinly on a lightly floured surface and cut out circles with a cutter, pressing them gently into the prepared tin.

7 6. Spoon the leek mixture into the tarts, sharing it equally between them, then drop the grated emmental on top.

8 7. Beat the eggs in a bowl, add the double cream, season well with salt and black pepper, and then whisk it all together thoroughly. Using a spoon, carefully fill each little tart with the egg mixture, making sure that it trickles down to cover the cheese and vegetables. Sprinkle with a little nutmeg.

9 8. Place into the preheated oven to bake for 25 to 30 minutes, or until the pastry is cooked through and the topping is golden brown.

Cooks Note