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by Liz Robb

Courgette and Goats Cheese Tarts

Ingredients

To make the pastry: 100g plain wholemeal flour
100g plain white flour
100g butter
Cold water
Salt
Freshly milled black pepper
To make the filling:
1 small onion
1 fat clove of garlic
3 small courgettes
Salt
25g butter
A splash of olive oil
2 large eggs
135ml of cream
A few sprigs of fresh parsley and thyme
150g soft goats cheese

Preparation

1. 1. Preheat the oven to 180 degrees, 160 degrees fan oven. 2. Start by making the pastry. Place the wholemeal flour into a large bowl then sift in the white flour. Add a good pinch of salt and a little black pepper. Cut the slightly softened butter i
2. 3. Lightly grease two patty tins. 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.
3. 4. Grate 2 of the courgettes, place in a colander and salt. Slice the remaining courgette fairly thinly and salt too.
4. 5. Chop the onion very finely and cook gently in 15g of melted butter in a saucepan for 2 minutes to soften it, then add the peeled and crushed garlic and cook for a further 3 minutes.
5. 6. Thoroughly rinse the grated courgette and squeeze gently in a clean tea towel to remove all of the water. Stir into the onion and garlic and cook gently for another 3 minutes.
6. 7. Meanwhile, rinse and pat dry the courgette slices and fry them quickly in a frying pan, just long enough to soften them a little, in the remaining melted butter with a splash of olive oil
7. you may need to do it in 2 batches. Place on a plate covered in kitchen towel until needed.
8. 8. Spoon some of the onion, garlic and courgette mixture lightly, without pressing down, into the bottom of each little pastry tart. Roughly crumble the goats cheese and scatter some on top of each one, leaving little spaces for the egg mixture to tr
9. 9. Beat the eggs in a bowl, add the cream, single or double, season well with salt and black pepper, and then whisk it all together thoroughly. Finely chop some thyme and parsley leaves and stir them in. Using a spoon, carefully fill each little tart
10. 10. Add a slice or two of courgette onto each tart, then place the tins into the preheated oven to bake for 30 to 35 minutes, or until the pastry is cooked through and the topping is golden brown.

Cooks Note

Make the most of the last of this season's courgettes with creamy goat's cheese in these yummy little wholemeal tartlets, great for handing round on Halloween and Bonfire night

with a cup of warming soup, or perfect for picnics and lunchboxes.

I like the texture and flavour of pastry made with half wholemeal flour when I make cheesy tarts, but white flour will work just as well if you prefer that.

This recipe will make 20 or more small tarts. They are really delicious served warm, but any left-over can be stored in an airtight container and eaten cold.