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by Liz Robb

Spinach, Ricotta And Parmesan Tartlets

Ingredients

50g wholewheat flour
50g self raising flour
50g butter
Salt and black pepper
80g Parmesan cheese
125g spinach
2 large eggs
Nutmeg
100g ricotta cheese
100g creme fraiche
Servings
15
Person

Preparation

1. Sift the self raising flour into a large bowl and mix with the wholewheat flour, season with a little salt and black pepper and then stir in 45g of finely grated Parmesan cheese. Rub in 50g of room temperature butter, cut into small pieces.
2. When it resembles fine breadcrumbs, mix in cold water gradually until you bring the mixture to a dough. Cover in clingfilm and chill in the fridge for 30 minutes.
3. Meanwhile, wilt the washed spinach in a hot saucepan for a minute, drain and refresh in a bowl of cold water. Pat dry and chop roughly.
4. Preheat the oven to 180 degrees, 160 degrees fan oven. Lightly grease patty tins.
5. Roll the pastry out fairly thinly on a lightly floured surface and cut out discs to fit in the prepared patty tins; I made 15.
6. Beat the eggs in a bowl, add a little finely grated nutmeg and season well with salt and black pepper. Add the creme fraiche and the ricotta cheese and mix well.
7. Put a little spinach into the bottom of each tart and then spoon in the egg and cheese mixture. Top with a little pile of finely grated Parmesan cheese and bake for about 30 minutes, until the pastry is cooked and the filling is puffed up and golden.

Cooks Note

These lovely little tarts, crunchy wholewheat Parmesan pastry filled with spinach, creamy soft ricotta cheese and creme fraiche, flavoured with nutmeg and topped with Parmesan, are easy to make and taste so good!

These little tarts really are best served warm fresh from the oven; alternatively, store in an airtight container and warm up before serving.