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by Liz Robb

Enjoy these delicious savoury tartlets this summer, made with crunchy wholemeal

pastry, wild mushrooms, red onion and garlic, and topped with fresh cream and melted Gruyere cheese.

Ingredients

60g wholemeal flour
60g self raising flour
A pinch of salt
60g butter, room temperature
1 red onion
2 cloves of garlic
150g wild mushrooms
1 tablespoon of olive oil
A large knob of butter
Salt and black pepper
2 eggs
180ml single cream
50g Gruyere cheese

Servings
2
Person

Preparation

1. To make the pastry, sift the self raising flour into a large bowl and add the wholemeal flour and a pinch of salt. Cut the butter into small pieces and then lightly rub into the flour.
2. Add 2 tablespoons of cold water and bring together to form a smooth dough. Wrap in clingfilm and rest in the fridge for 20-30 minutes.
3. Preheat the oven to 170 degrees or 150 degrees fan oven.
4. Lightly grease two small deep quiche tins, 11-12cm in diameter. Halve the dough, roll out and line each tin. Prick the bottom with a fork, line with baking parchment, fill with baking beans and blind bake for 10 minutes.
5. Meanwhile, peel and finely chop the red onion and garlic. Wipe and slice the mushrooms.
6. Melt the oil and butter together in a pan over a low heat and then saute the onion for 3 minutes. Add the garlic and cook for another 2 minutes, then stir in the mushrooms and saute very gently for 10 minutes. Season with salt and black pepper.
7. Beat the two eggs and then whisk in the cream. Season with salt and black pepper. Roughly grate the Gruyere cheese.
8. Remove the parchment and baking beans from the pastry cases and spoon the mushroom mixture into them. Pour over the egg mixture and top with grated cheese. Bake for about 20 minutes, or until the cheese is bubbling and golden and the pastry is cooked

Cooks Note

I like to use shitake and oyster mushrooms, but feel free to use whatever wild mushrooms you have, or even chestnut if you prefer. Similarly, you could use another type of cheese if you don't have Gruyere.

These tartlets are lovely served warm, but you can eat them cold too: ideal for picnics! Serve a whole tartlet each for 2 people, accompanied by a fresh green salad, as a substantial main meal, or half for 4 people as a light lunch.