

Serves 6

Preparation time: 10 minutes

Cooking time: 1 hour 10 minutes

### INGREDIENTS

25g (1oz) butter

3 large red onions, thinly sliced

30ml (2tbsp) freshly chopped thyme

350g (12oz) ready made shortcrust pastry

330ml (12floz) reduced fat crème fraîche

3 medium eggs

Pinch nutmeg

150g (5oz) Edam cheese, grated

Extra thyme sprigs to garnish

## SWEET RED ONION & EDAM TART

THIS DELICIOUS TART COMBINES SWEET CARAMELISED RED ONIONS, WITH THYME AND EDAM. DELICIOUS SERVED WARM WITH NEW POTATOES AND A GREEN SALAD.



1. Melt the butter in a large pan add the onions and thyme and cover and cook for 30-35 minutes. Stir occasionally, until the onions start to caramelise. Allow to cool.
2. Preheat oven to 190°C, 375°F, gas mark 6. Roll out the pastry and use to line a 23cm (9") loose-bottomed quiche tin. Cover the base with baking paper, and fill with ceramic baking beans. Bake for 15 minutes, then remove the paper and beans, return to the oven for a further 5 minutes until golden.
3. Place the crème fraîche, eggs and nutmeg in a bowl and beat together. Stir in the onions and half the cheese and pour into the bottom of the pastry base. Sprinkle with the remaining cheese and some small thyme sprigs.
4. Bake for 30 minutes until the top is golden and the filling set. Cool for 5 minutes, then cut into slices. Serve with a tomato and mixed leaf salad.



### CHEFS TIPS

- Once, you have lined the tin with the pastry, place in the freezer for 15 minutes, this sets the pastry, so it holds its shape when cooked in the oven.
- Ceramic baking beans can be used over and over again, to weigh down the pastry when baking blind. Alternatively you could use dried beans, peas or pasta.