



# PARSNIP AND CARMELIZED LEEK TART

**Season:** Winter, spring  
**From the garden:** Parsnips, leeks, eggs  
**Type:** Baking  
**Difficulty:** Easy  
**Country of origin:** France  
**Serves:** 5-6 serves or 20 tastes  
**Source:** [www.puregreenmag.com](http://www.puregreenmag.com)

## Equipment

- \*chopping board
- \*knife
- \*bowls
- \*food processor
- \*measuring cup
- \*measuring spoon
- \*cooking pot
- \*potato masher or fork
- \*frying pan
- \*rolling pin
- \*cheese grater
- \*tart tin
- \*pastry brush

## Ingredients

- \* $\frac{3}{4}$  cup wholemeal flour
- \* $\frac{1}{2}$  cup plain flour
- \* $\frac{1}{2}$  tsp salt
- \*6 tbsp butter
- \*cold water
- \*350 g parsnip
- \*2-3 leeks
- \*1 tbsp olive oil or butter
- \* $\frac{1}{2}$  cup milk
- \*1 cup grated cheese
- \*1 tsp mixed dried herbs (oregano, thyme etc.)
- \* $\frac{1}{2}$  tsp salt and pepper to taste
- \*3 eggs

## Method

1. pre-heat oven to 180 degrees
2. for the pastry, add the flour, salt and butter into a food processor and blitz
3. add a couple of tablespoons of cold water until the dough comes together in a ball
4. if you have time, rest the dough in the fridge for 30 min.
5. on a lightly floured surface, roll the dough into a circle, a little bit bigger than the tart tin
6. brush tart tin with butter or oil and transfer pastry to the tin. prick the pastry a few times with a fork and bake in the oven for 10 min.
7. while the pastry is in the oven, clean and chop up the parsnip into small pieces and boil for around 8 min. until tender
8. clean the leeks, cut into small rounds and cook with the oil or butter in a frying pan until lightly brown and caramelized, for around 10 min.
9. grate the cheese
10. drain the parsnip and mash with a potato masher or a fork
11. in a bowl combine the parsnip, leek, half of the cheese, milk, eggs, salt and pepper and herbs and mix
12. remove the pastry from the oven, pour the mixture into the pastry shell, sprinkle the remaining cheese on top and return to the oven for another 25 min.
13. serve warm or at room temperature

**Notes:** to caramelize means to cook something until it's browned by turning the food's natural sugar into caramel

**Skills:** measuring, *mixing, rolling dough, chopping, using a food processor*