Parsnip and Caramelised Onion Tart

Season: Spring
Type: Vegetable
Difficulty: Medium
Serves: 8 or 16 tastes
Fresh from the garden: Parsnips, Onions, Eggs
Recipe source: www.waitrose.com

Equipment:
Sifter
Bowl
Scales
Spoon measures
Loose based flan tin
Rolling pin
Pastry weights/dried beans
Non-stick frypan
Knives
Chopping board
Wooden spoon
Vegetable peeler
Saucepan
Masher
Whisk

Ingredients:
Pastry:
175 grams plain flour
75 grams butter, diced
Cold water
Filling:
25 grams butter
3 onions, sliced
500 grams parsnips, peeled and quartered
3 eggs
300 ml milk
50 grams cheddar cheese, grated

What to do:
- Pre-heat the oven to 190*c
- Sift flour into a large bowl and rub in the butter using your finger tips until it resembles breadcrumbs
- Add cold water slowly until a soft dough is formed
• Roll onto a floured surface and line a lightly oiled flan tin with pastry
• Chill for 15 minutes
• Cover with baking paper and fill with weights/beans and * bake blind for 15 minutes
• Remove from oven and take out beans and paper, set aside
• Heat butter in frypan and cook the onions for about 10 minutes until tender and caramelised
• Cook the parsnips in boiling water until tender
• Drain well, tip into a bowl and mash until smooth
• Beat the eggs and milk together, stir in half the cheese
• Season with salt and pepper and mix in the parsnip and onions
• Pour mixture into the tin and sprinkle with the rest of the cheese
• Bake until just set in the centre
• Serve warm with a green salad