

*Taste is in our nature*



## French-style leek tart

Serves 8

This French-style tart is quite rich with the egg yolks and cream, but delicious, so I suggest that the rest of the meal be low in fat – such as a simple, crisp salad followed by fresh fruit. You could make a fat-free, fruit-filled pavlova roll with the egg whites left from the tart filling mix.

If there is any chance of the pastry sticking, I roll it out between lightly floured plastic wrap and then use the wrap to support the pastry, while placing it in the prepared container.

Weigh the leeks after removing the coarse green tops, which will be discarded.

Make sure that the trimmed leeks are well washed, as they gather soil when they push their way up through the ground.

I usually split them lengthwise and run plenty of water through the layers while holding the leek vertically. Give them a good shake after washing to remove as much water as possible.

The big pile of sliced leek will reduce down significantly when gently cooked.

I like the simplicity and the subtle flavour of the leeks in this tart but you can add extra flavour to this by adding a cup of diced, cooked bacon or ham, finely grated cheese or a quarter cup of snipped chives or parsley.

I like to use a metal flan dish as I believe this results in a crisper pastry case.

*Tassie leeks are  
leeking  
with flavour.*

**PASTRY:**

- 1½ cups plain flour
- 100g butter, cold
- pinch salt
- 1 free-range egg yolk
- 1 tablespoon fresh lemon juice
- approximately 3 tablespoons cold water

**DIRECTIONS:**

Cut the butter into small cubes and rub it into the flour using your fingertips.

Combine the egg yolk and lemon juice and a couple of tablespoons of cold water.

Using a flat-edged knife or a food processor, add the liquid into the flour mixture. Add a little more water if necessary to make a 'firm-ish' dough. If using a processor, stop the machine the moment that the dough starts to form a ball around the blade.

Form the dough into a ball and flatten slightly. Wrap it in some plastic wrap and refrigerate for about 30 minutes.

After the pastry has rested, place it on a lightly floured surface and roll it out evenly to fit a 25cm flan tin.

Grease the tin and line it with the rolled pastry, pressing it into the corners. (You may have some pastry left over.)

Trim the edges with a sharp knife.

Brush the pastry base with a little of the egg white and refrigerate until ready to add the filling. This helps to seal the pastry and prevent the base from going soggy.

Preheat the oven to 200°C.

**LEEK FILLING:**

- 650g trimmed leeks, thinly sliced
- 2 tablespoons butter
- salt and pepper
- 100ml cream
- pinch paprika
- 5 free-range egg yolks
- 1 tablespoon finely chopped parsley

**DIRECTIONS:**

In a pan with a lid, melt the butter over a gentle heat and add the sliced leeks.

Season with salt and pepper then cover the pan and cook very gently until they are soft. This will take about 30-40 minutes. The leeks should just sweat down but not colour. Stir from time to time.

Remove from the heat and leave the cooked leeks to cool.

Whisk together the egg yolks, paprika and the cream and then stir into the cooled leeks.

Check the seasoning and adjust if necessary.

Pour the filling into the flan crust.

Sprinkle the parsley over the filling.

Bake at 200°C for 20 minutes then reduce the heat to 170°C and cook for another 15-20 minutes until the filling is set and is a pale golden colour and the pastry is crisp all the way through.

Let the tart rest for about 15 minutes before serving.