



Rustic Caramelised Onion & Goats Cheese Tart (serves 3-4)

This is a very forgiving recipe – always popular and can be made a day ahead or frozen for up to a month. We have used an unusual shaped flan tin here but a 20cm round flan tin would work as well.

- 3 brown onions sliced
- 20g butter
- 2 tbsp olive oil
- 1 tsp salt flakes
- 1 tbsp brown sugar
- 2 tbsp Long Track Caramelised Balsamic Vinegar (or similar)
- 2 sheets puff pastry
- 1 cup cream
- 4 egg yolks
- 4 balls Meredith Dairy Marinated Goats Fetta (approx. ½ jar)
- Salt and pepper
- Oregano or thyme



- Preheat the oven to 200 degrees Celsius and put a baking tray into the oven.
- Put sliced onion, butter, oil and salt into a heavy bottomed pan or saucepan and cook over low-medium heat for 5 – 10 minutes or until onion is very soft and golden in colour.
- Add the brown sugar and caramelised balsamic and cook gently for another 10 minutes until sugar has dissolved and onions are caramelising nicely. Set aside to cool.
- Use cooking spray to grease 36cm x 13cm flan tin (or similar) and then use the two sheets of pastry to line the tin. There will be lots of pastry overhanging the sides. Just trim with scissors and discard the unwanted pastry.
- Spread the cooled caramelised onion over the bottom of the pastry lined tin. You may have a little left over – will keep for 2 weeks in the fridge – delicious on sandwiches or with meat.
- Drain 4 x balls of the marinated goats feta and crumble, with your hands, over the onion.
- In a separate bowl mix 1 x cup of cream with 4 x egg yolks and salt and pepper.
- Pour over the onion/feta mix to fill tart shell.
- Sprinkle thyme or oregano over the top of the egg mixture and place the flan tin onto the heated baking tray in the oven.
- Cook for 35-40 minutes or until the filling is set and the bottom pastry of the tart (if you can gently take a look) is cooked and golden. Serve with a delicious salad.