



Leek & Broccoli Tart

Season: Winter/Spring

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: broccoli, eggs, parsley, leeks

This recipe will show you how to make and use olive oil pastry for a beautiful, warm, golden vegetable and cheese pie. For a dairy-free version, omit the cream and parmesan and substitute the same amount of tofu for the ricotta cheese.

Equipment:

metric measuring scales, jug,
cups and spoons
2 clean tea towels
chopping board
cook's knife
grater
mixing bowls – 2 small, 2 large
2 mixing spoons
frying pan
whisk
rolling pin
large baking tray
fork
pastry brush
serving plates

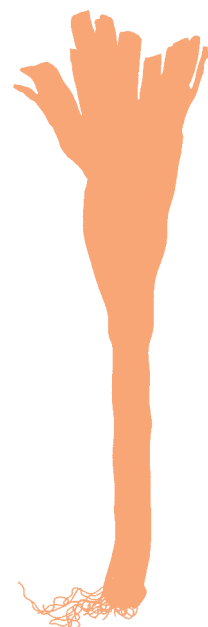
Ingredients:

For the pastry:

200 g plain flour, plus extra for dusting
1/2 tsp salt
1 1/2 tbsp extra-virgin olive oil
1/2 cup cold water

For the filling:

2 tbsp olive oil
2 leeks, finely chopped
2 large heads of broccoli, chopped into
florets
3 eggs, plus 1 yolk to glaze
60 ml reduced-fat cream
250 g ricotta cheese
100 g parmesan, grated
1 pinch of grated nutmeg
salt and freshly ground pepper, to taste
oil for greasing
1 tbsp parsley, finely chopped



What to do:

To make the pastry:

1. Combine the flour and the salt in a large bowl and then create a well in the middle of the flour.
2. Combine the oil and water in a small bowl and then pour the mixture into the well in the centre of the flour.
3. Use your hands to incorporate the liquid into the flour until the dough forms a ball.
4. Flour the workbench. Transfer the dough to the workbench and knead for a minute, then place the dough back into the large bowl. Cover with a dry tea towel and leave for up to an hour.



Leek & Broccoli Tart continued

To make the filling:

1. Preheat the oven to 200°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Heat the oil in the frying pan over medium heat.
4. Add the leek and broccoli and cook for about 5 minutes until the leek begins to soften and starts to colour.
5. Remove the leek and broccoli from the heat.
6. In a large bowl, lightly whisk the eggs and cream together, then mix in the ricotta, leek, broccoli and parmesan. Season with nutmeg, plus some salt and pepper.



To assemble and cook the tart:

1. Dry and flour the workbench then roll the pastry until it is 5–10 mm thick, any shape is fine.
2. Place the pastry onto an oiled baking tray.
3. Spoon the mixture onto the centre of the pastry, leaving a 5 cm border around the outside. Using your hand, lift and push the border over the edge of the filling.
4. Beat the egg yolk in a small bowl with the fork.
5. Brush the pastry with the beaten egg yolk, then bake the tart for 35–40 minutes, or until golden.
6. Sprinkle the tart with chopped parsley and freshly ground black pepper.
7. Cut into portions (try for the number of people in your class today) and serve.