

Leek and parmesan tart

Ingredients	Equipment
<ul style="list-style-type: none">• Shortcrust pastry• 180 g unsalted butter• 240 g plain flour• pinch of sea salt <p>Filling</p> <ul style="list-style-type: none">• 20 g butter• 3 leeks, finely chopped• 5 eggs• 250 ml thickened (double) cream• 3 handfuls flat-leaf parsley, chopped• sea salt• freshly cracked black pepper• 150 parmesan, grated	<ul style="list-style-type: none">• Metric spoon & cup measures• Sharp knife• Flan dishes• Frypan• Food processor• Baking weights
<ol style="list-style-type: none">1. To make the pastry, mix the butter, flour and sea salt in a food processor until it resembles breadcrumbs. Add 3 tablespoons of cold water and blend until the dough comes together into a ball.2. Roll out the dough on a lightly floured surface to line a 30 cm flan tin. Refrigerate the pastry for 30 minutes.3. Preheat the oven to 160°C (Gas 2-3).	

4. Line the pastry with a sheet of baking paper and fill with a layer of baking beads or rice. Bake for 15 minutes, then remove the paper and beads and bake for another 10 minutes, or until the pastry is golden.
5. To make the filling, melt the butter in a frying pan over high heat and cook the leek until it caramelises, about 10 minutes.
6. Combine the eggs, cream and parsley in a bowl and season with sea salt and black pepper.
7. Spread the leek over the pastry base, sprinkle with the parmesan and then pour the egg mixture over the top. Bake for about 30 minutes, or until just firm.

