



Please note: Food images are representative only and not the actual cooked recipes.

Onion Mixed – Onion tart

SERVES 4-6 • PREP: 25 MINUTES • COOK: 60 MINUTES

INGREDIENTS

For the pastry

- 25 g shortcrust pastry (shop-bought or homemade)

For the filling

- 3 large onions, thinly sliced
- 2 tablespoons butter or olive oil
- 1 teaspoon sugar (optional, for caramelising)
- Salt and black pepper, to taste
- 3 large eggs
- 200 ml ($\frac{3}{4}$ cup) double cream or crème fraîche
- 100g (1 cup) grated cheese (cheddar, gruyère, or parmesan)
- 1 teaspoon fresh thyme (or $\frac{1}{2}$ tsp dried)

Optional additions

- 1 teaspoon wholegrain mustard
- 1 tablespoon balsamic vinegar
- Crispy bacon or pancetta pieces

METHOD

1. Prepare the pastry

Preheat oven to 180°C / 350°F. Roll out the pastry and line a tart tin (23 cm / 9 inch). Prick the base with a fork, line with baking paper, and fill with baking beans. Blind bake for 15 minutes, remove beans, then bake for another 5 minutes until lightly golden.

2. Caramelize the onions

Heat butter or oil in a pan over medium heat. Add onions, sugar (if using), salt, and pepper. Cook gently for 20–25 minutes, stirring often, until soft, golden, and sweet. Stir in balsamic vinegar if using.

3. Make the filling

In a bowl, whisk eggs, cream, cheese, thyme, and mustard (if using). Season lightly.

4. Assemble the tart

Spread the caramelised onions evenly over the pastry base. Pour over the egg mixture.

5. Bake

Bake for 30–35 minutes, until set and golden on top.

6. Rest and serve

Allow to cool for 10 minutes before slicing.



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