

Tomato, Onion & Basil Tart

Season: Summer

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: basil, eggs, onion, tomatoes

Recipe source: Adapted from a recipe from Westgarth Primary School, Victoria

Schools often return from holidays to find bumper tomato harvests. Westgarth Primary School students have enjoyed making this classic summer tart in kitchen classes. Serve it with a crisp garden salad with a zesty vinaigrette dressing.

Note: If you are making this tart in a kitchen class, you will need to make the pastry in advance. You can have the first class make pastry for the class following them, and then that class makes it for the next class, and so on.

Equipment:

metric measuring scales
and cups
clean tea towel
chopping board
cook's knife
sieve or sifter
food processor
plastic wrap
rolling pin
flan tin (22 cm)
2 baking trays
frying pan
wooden spoon
pastry brush
medium bowl
whisk
large spoon or spatula

Ingredients:

For the pastry:

240 g plain flour, plus extra for dusting
pinch of salt
180 g butter, chopped into small pieces
¼ cup cold water
olive oil to grease the flan tin

For the filling:

¼ cup olive oil, plus extra
to grease the baking tray
1 onion, peeled and thinly sliced
10 ripe tomatoes, halved or cut into
thick slices if the tomatoes are large
2 eggs
salt and pepper, to taste
½ cup reduced-fat cream
50 g gruyère or similar cheese, grated
1 small handful of basil leaves, washed



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.

To make the pastry:

1. Preheat the oven to 180°C.
2. Sift the flour, along with a pinch of salt, into the bowl of the food processor.
3. Add the butter to the food processor.

1. Using the pulse action on the food processor, briefly combine the butter and flour until the mixture looks like breadcrumbs.
2. With the motor running, add the cold water.
3. Stop the machine as soon as the mixture forms a rough ball.
4. Sprinkle flour onto your workbench.
5. Tip the dough onto the bench and knead it briefly.
6. Divide the dough in half and flatten each piece into a disc.
7. Wrap in plastic and chill for 20 minutes.
8. After 20 minutes, place the pastry onto a lightly floured bench and use the rolling pin to roll it out to the desired size.
9. Lightly grease the flan tin. Carefully place the pastry onto the greased tin (you can roll and drape it over the rolling pin to help you lift it).
10. Place the flan tin onto a baking tray and bake until the pastry becomes white (about ten minutes). Leave the pastry to cool.

To make the filling:

1. Heat the olive oil in the frying pan over medium heat. Tip in the onion, turn the heat to low and slowly fry them until they are caramelised (about 15 minutes).
2. Brush the baking tray with olive oil.
3. Place the tomatoes on the baking tray and bake until they are rich in colour and have collapsed a little. Allow to cool.
4. Whisk the eggs, salt, pepper and cream together in the medium bowl.
5. Spoon the egg mixture into the flan pastry case, using a large spoon or spatula.
6. Sprinkle the cheese and basil leaves over the top of the egg mixture.
7. Top with the caramelised onions and the cooked tomatoes.
8. Bake for about 25 minutes or until golden brown.

