

# Sweet Onion & Cauliflower Tart



**Serves 6 - 8**

**Prep 40 mins**

**Cooking 58 mins**

**More effort**

## Ingredients

Glug light olive oil for frying  
1 onion, sliced  
1 tsp brown sugar  
25g butter  
1 small cauliflower, separated into florets  
1 fresh bay leaf  
250ml whole milk  
150g Wensleydale cheese, grated  
4 fresh thyme sprigs, leaves picked  
3 medium free-range eggs  
100ml double cream

## For the pastry

200g plain flour, plus extra to dust  
4 thyme sprigs, leaves picked & chopped  
100g cold butter, cubed  
3-4 tbsp ice-cold water

or buy readymade shortcrust pastry

## You'll also need:

23cm fluted tart tin

1. For the pastry, pulse together the flour, thyme, a pinch of salt and the chilled butter in a food processor to make large crumbs. Sprinkle over 3 tbsp cold water and pulse again to bring the mix together to make a dough – use another tbsp water if it's a bit dry. Tip out onto a sheet of cling film, shape into a ball, then wrap the pastry in the cling film and flatten it with your palms to make a disc. Chill the pastry in the fridge for 30 mins.
2. Heat some oil in a large frying pan & fry the onion over a low-medium heat for 20 mins until softened & slightly caramelised. Add a pinch of salt & the sugar & cook for 5 mins more. Set aside. Meanwhile, in another frying pan (with lid), heat the butter & fry the cauli florets for 5 mins, turning, until golden. Transfer half to a plate & set aside, then add the bay leaf & milk to the pan & simmer with lid on for 10 mins or until tender. Scoop out the cauliflower (discard the bay) & whizz in a food processor with just enough cooking liquid to make a purée. Discard the remaining liquid. Pour the purée into a large jug or bowl & leave to cool.
3. Heat the oven to 200°C/180°C fan/gas 6. Roll out the chilled pastry on a lightly floured work surface to roughly the thickness of a £1 coin. Carefully use your rolling pin to lift the pastry and unroll it over the tin. Line the base and sides of the tart tin with the pastry, pressing it into the edges and flutes. Trim any excess with a sharp knife, leaving a small overhang. Line the case with foil, & fill with baking beans or uncooked rice. Chill for another 10 mins.
4. Bake the tart case for 20 mins, then remove the foil & baking beans & return to the oven for 6-8 mins until the pastry is golden & feels sandy to the touch. Take the tart case out of the oven and turn the temperature down to 170°C/150°C fan/gas 3½.
5. Spoon the cooked onions over the base of the tart and scatter over half the grated cheese, the reserved cauliflower florets and the thyme leaves. Beat the eggs and cream into the cooled cauliflower purée, season with black pepper, then put the tart case on a baking sheet in the oven & pour in the egg mixture. You may not get all the filling in - discard the rest. Scatter over the remaining cheese & bake for 30 mins until golden and the filling has set. Serve warm or at room temperature. You can warm it for 15 mins in a medium oven.