

Graham's Caramelised Red Onion and Goats Cheese Tart



I recently bought some Goats Cheese as I'd never tried it before. I had however, tried Goats Milk and it wasn't a nice experience. My mother's friends gave it me some Goats Milk when I was a child and it wasn't my cup of tea, even though it was in my cup of tea 😊! I wanted to do something that I'd like and that wouldn't be too goatey (Wheelie Good Meal Word) and too cheesy! I made a good choice, this tart was quick and easy and it was really enjoyable – even my mother enjoyed it.

Ingredients

- Olive Oil
- 1 Tbs Red Wine Vinegar
- 1 tsp Brown Sugar
- 1 Savoury Tart Case
- 3 Eggs
- 2 Tbs Crème Fraiche
- 2 Red Onions
- Goats Cheese
- Salt and Pepper

Also Needed

- Frying Pan or Wok
- Wooden Spoon/Spatula
- Knife
- Table Spoon
- Chopping Board

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Method:

- 1 Preheat the oven to 210⁰ Celsius.
- 2 Chop the Red Onion into half moons, I usually chop them quite thinly but that's up to you. Finely chop the onions, as with all my recipes I use what I call the half moon technique (see the image below):



Place the onion in a container to use it later.

- 3 Put 2tbs of Olive Oil into a pan and heat on a low heat.
- 4 When the pan is warm, add the onions and allow to sweat on a low heat until soft.
- 5 Cook the onions long enough for them to soften, when they've reached that point add 1tbs of Red Wine Vinegar, 1tsp of Brown Sugar and a good grind/large pinch of salt. Continue to cook until they become rich and unctuous.
- 6 Once the onions are caramelised allow to cool while you prepare the filling for the tart.
- 7 Crack three eggs into a glass jug/bowl, whisk and then add salt and pepper and whisk.



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- 8 To the egg mixture add 2tbs of Crème Fraiche and whisk again until combined. Don't panic if it looks a bit lumpy, it'll come together once whisked.
- 9 I've used a readymade tart case for this recipe but you can make your own pastry. Pastry is an art and one I'm sure we'll cover in time but there's nothing wrong with using pre-made ingredients where appropriate.



- 10 Spread the caramelised Red Onions over the tart case. Break up the Goats Cheese and spread it over the base, try to ensure that there's a bit of Goats Cheese all over, nobody wants to be left out.



- 11 Pour the egg/Crème Fraiche mixture into the tart case, at this point you can add some basil leaves either shredded or whole but I haven't bothered.



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- 12 Cook in the preheated oven for 30 minutes or until golden brown. The tart should be slightly firm but with a little wobble.



- 13 Once golden and set ease it out of the foil container, put it on a plate to make it easier to slice.
- 14 I've chosen to serve it here with some herbs and tomato wedges, other serving options can be provided upon request.

