

Tart yourself up



"The Tart" specialises in fabulous home-baked savoury and sweet treats.
Here are some of their favourite recipes.

Recipe: Toni Scorgie Photography: Pieter du Toit



Chicken pie

Toni is famous for her chicken pie, try your hand at it!

Makes: 6 pies

Time: 1 hour

Ingredients:

- 1 ready roasted chicken
- 4 small onions
- 1 clove garlic, crushed
- 250ml cream
- 250ml chicken stock (best made from the chicken carcass)
- 1 large bunch spring onion, chopped
- 250ml flat leaf parsley, chopped
- 2 x 400g ready-rolled frozen puff pastry, defrosted (or make your own)
- 1 egg, beaten

Method:

- 1 Strip the roast chicken taking care to remove all the bones. In a pot, heat some olive oil and butter and fry the onions until golden brown. Add the garlic, cream and chicken stock and allow to simmer until it has reduced and thickened. Season well.
- 2 Take off the heat and add the chopped spring onion, parsley and the shredded chicken. Leave to cool.
- 3 Cut 6 circles from the puff pastry that slightly overlap a tin pie case. Spoon the chicken mixture into the pastry shell. Brush the edges of the pastry with the egg.
- 4 Cut another circle of pastry that fits over the top of the pie and press the two pastry edges together. Fold the edges over towards the centre of the pie.
- 5 Brush the top of the pies with the rest of the beaten egg and refrigerate or freeze until you are ready to use them.
- 6 Bake in a pre-heated oven at 180°C until the pastry is golden brown, about 35 minutes. Serve hot with a roasted tomato salad.

Butternut, feta, chilli and pecan tart V

A delicious vegetarian option. Great for lunch with a salad or as a starter.

Makes: 1 medium tart

Time: 1 hour

Ingredients:

- 1 quantity savoury shortcrust pastry (or buy frozen ready-rolled)
- 300g diced butternut, roasted until soft and caramelised
- 1 red chilli, chopped
- 125g feta cheese
- 125ml pecan nuts, chopped
- 3 eggs
- 100ml fresh cream

Method:

- 1 Preheat the oven to 180°C and grease a large rectangular tart case.
- 2 Roll out the savoury shortcrust pastry to fit your tart case. Roll it onto the rolling pin and then roll it off over the tart case. Trim the edges and pinch up the pastry edge to make an even border.
- 3 Spoon the roasted butternut into the base, crumble the feta cheese and sprinkle the nuts and the chopped chilli over.
- 4 In a medium-sized bowl, mix the eggs and cream together and season well with salt and pepper. Pour this mixture over the tart.
- 5 Bake until the pastry is golden brown and the egg mixture has cooked through, about 40 minutes.

Tip: If chillies are too hot for you, replace them with grilled red peppers.

Homemade short crust pastry V

Ingredients:

- 220g plain flour
- Pinch of salt
- 150g butter, diced
- 1 egg yolk
- 125ml grated Parmesan (savory) OR 125ml icing sugar (sweet)

Method:

- 1 Sift flour and salt into a bowl, add the butter and rub with your fingertips until it resembles breadcrumbs. Add the Parmesan cheese or icing sugar and toss lightly.
- 2 Add the egg yolk and a little cold water and knead until it all comes together in a ball.
- 3 Wrap in clingfilm and put in the fridge to rest for at least half an hour.



Chourizo, red onion and parmesan tart

All the parts of this tart can be made well in advance and assembled on serving.

Serves: 4

Time: 30 minutes

Ingredients:

- 1 x 400g ready-rolled frozen puff pastry, defrosted (or make your own)
- 4 small red onions
- 1 chourizo sausage (plain or with chilli)
- 15ml olive oil
- 75g Parmesan cheese, shaved

Method:

- 1 Preheat the oven to 180°C.
- 2 Unroll the pastry and cut into 4 squares, about 10cm squared. Put the pastry on a tray and bake for about 15 minutes, or until golden brown.
- 3 Meanwhile, thinly slice the sausage and cut the red onions into large wedges. Place in a roasting tray, drizzle with olive oil, and season well with salt and pepper. Roast in the oven, at 200°C, until the onions have started to caramelize.
- 4 Place your baked pastry square on a plate and spoon the roasted sausage and red onion onto the pastry. Top with the Parmesan and drizzle with a balsamic reduction.



Home-made puff pastry

Ingredients:

- 250g plain flour
- 5ml lemon juice
- 5ml salt
- 25g melted butter
- 250g chilled butter

Method:

- 1 Sift the flour in a bowl and make a well in the middle. Pour in 125ml water, the lemon juice, salt and melted butter. Mix with your fingers until you have a rough dough.
- 2 Turn onto a work surface and knead with the heel of your hand, until the dough is smooth. Shape it into a ball, wrap in clingfilm and put in fridge for approximately 2 hours.
- 3 Put the chilled butter between two pieces of greaseproof paper

- and hit with a rolling pin to make a square of about 1cm - 2cm thick. Keep the butter cool so that it doesn't melt or get too hard.
- 4 On a lightly floured surface, roll out the dough in four directions to form a cross large enough to hold the square of butter in the middle. Put the butter in the middle and fold the four arms of dough over it, one by one, to cover the butter completely.
- 5 Then roll the pastry square away from you in a rectangle, keeping the corners as square as you can. Then fold the top third down and the bottom third up to make a parcel of three even layers.
- 6 Turn the pastry 90° to the right and repeat the rolling, folding and turning, trying to keep the corners neat and square, this helps to make the pastry layers even.
- 7 Chill for a half hour. Reposition the pastry as before, then roll out, fold, turn and chill twice more. Rest for about 30 minutes, then make two more turns as before. It is now ready to use.

Potato, Parmesan and rocket tart

A great way to serve the starch component of the meal.

Serves: 4

Time: 50 minutes

Ingredients:

- 200g frozen ready-rolled puff pastry, defrosted (or make your own)
- 5 medium potatoes, peeled and boiled
- 125ml fresh cream
- 3 eggs
- 1 clove garlic, crushed
- 250ml Parmesan cheese
- 50g fresh rocket
- Olive oil to drizzle

Method:

- 1 Pre-heat the oven to 180°C. Lightly grease 4 individual tart cases. Cut the pastry into 4 large circles to fit the prepared tart cases and press in to fit.
- 2 Break up the boiled potatoes, you can use your hands or just roughly chop them, then divide them equally among the 4 lined tart cases.
- 3 Beat the cream, eggs, garlic and Parmesan cheese, and season well with salt and pepper. Pour this mixture over the tarts and bake for about 40 minutes or until golden brown.
- 4 Serve with a fresh rocket salad, drizzled with olive oil and some extra grated Parmesan.



Poached pear and chocolate tart

You can serve this dessert hot or cold.

Serves: 6

Time: 45 minutes

Ingredients:

- 200g dark chocolate
- 50ml cream
- 1 quantity sweet short crust pastry (or buy frozen ready-rolled)
- 500g crème patissiere or custard

For the pears:

- 6 pears
- 250ml water
- 200g castor sugar
- 250ml semi-sweet white wine

Method:

- 1 Preheat the oven to 190°C and lightly grease 6 individual tart cases.
- 2 Melt the chocolate with the cream and set aside.
- 3 Make the pears: peel and slice each pear into 3. In a pot put the water, sugar and wine with the pears and allow to simmer until the pears are soft. Take them out of the pot and let them drain.
- 4 Meanwhile, line the 6 pastry cases with shortcrust pastry and bake them blind.
- 5 Just before serving, spoon the custard into the pastry shell and arrange the pears on top. Drizzle the chocolate sauce generously over the pears.





Crème patissiere and phyllo stack

Everything should be made beforehand, and the stacks should be assembled when serving.

Serves: 6

Time: 20 minutes

Ingredients:

- 500g crème patissiere or custard, chilled
- 8 sheets phyllo pastry
- 50ml melted butter

Method:

- 1 Cut the phyllo sheets into 10cm squares (8 per stack), brush with the melted butter and bake in an oven, preheated to 190°C, for 10 minutes or until golden brown. Cool completely before serving.
- 2 Place one square of baked phyllo on each plate, spoon custard into the middle and keep repeating until you have a stack.

Tip: the custard could also be warmed for a cold winters night treat. Also delicious served with poached plums or any soft winter fruit.

Crème patissiere

A fancy custard for a delicious treat!

Ingredients:

- 6 egg yolks
- 125g castor sugar
- 30g cornflour
- 10g plain flour
- 550ml double cream
- 1 vanilla pod, halved

Method:

- 1 Whisk the egg yolks and half the sugar until pale and creamy. Add the cornflour and flour and mix well.
- 2 Put the cream, remaining sugar and vanilla pod in a pot. Bring just to the boil and then strain it over the egg yolk mixture, stirring continuously.
- 3 Pour back into the pot and bring to the boil, stirring constantly. Boil for about 2 minutes before transferring it to a clean bowl to cool. Once cold, cover with clingfilm and refrigerate.

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