

Leek, Parsnip & Blue Cheese Tart

*If you missed us last week... Happy New Year! Our resolution to stay healthy and detoxy is doing pretty well (it's easy when you're surrounded by fresh organic fruit and veg of course); but we're still enjoying some wholesome heartier meals too (everything in moderation). The original recipe for this tart from **The Boxing Clever Cookbook** uses pears and brie instead of parsnips and blue cheese; so use whatever you fancy or have handy. You could also sauté some Savoy cabbage and garlic to use in the mix too.*

Serves 4

175g plain flour
sea salt & black pepper
pinch sugar
90g butter
4-5 tbsp cold water
2 parsnips, peeled & diced
4 tbsp olive oil
3 leeks, washed & sliced
90g pine nuts (optional)
pinch nutmeg
225g mellow blue cheese



SXC

Mix the flour, pinch of salt and sugar in a bowl. Rub in the butter to make breadcrumbs. Add enough cold water to make a firm dough and knead well, wrap in clingfilm and refrigerate for at least half an hour. When ready, roll the pastry out on a floured surface and line a 24cm pie tin. Prick with a fork and bake blind at 200C for 10 minutes, until starting to turn brown. Meanwhile heat the oil in a frying pan and sauté the parsnip cubes on a high heat until they are golden; turn down the heat a little and add the leeks then fry for a few minutes until soft. If using pine nuts, dry-fry them in a pan, then mix with the veg; add the nutmeg and season. Spread the mixture into the pastry case, and crumble the cheese over the top. Bake at 180C for 10-15 minutes, until the cheese has melted into the tart. Serve with a green salad.



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