







The
Nearly Naked
veg Company
Our farm, your table, no fuss



French Onion Tart

Pastry Ingredients

-  For the pastry – or if in a hurry use ready made pastry – why not!
-  100g butter
-  200g plain flour
-  pinch of salt

Filling Ingredients

-  1kg onions
-  50g butter
-  1 tbsp olive/sunflower oil
-  3 egg yolks
-  200ml double cream
-  100g gruyère cheese grated

If, like us, you are running out of ideas for the onions in your boxes then you will love this tasty tart which is lovely with buttered new potatoes and salad. We have to confess to having used a recipe from Hugh Fearnley-Whittingstalls book, *The River Cottage Year*, but we are sure he won't mind!

Rub together the pastry ingredients with just enough cold water to bring the mixture together. Line a 20-23cm tart tin with the mixture then place greaseproof paper over the top and fill with dried beans. Cook at 200°C for 15 mins. Remove the paper and beans and cook for a further 5 mins. Heat the butter and oil in a large pan adding finely sliced onions. Cook gently, stirring regularly until tender.

Beat the egg yolks with the double cream then combine with the onions and cheese spreading it over the pastry case. Cook at 190°C for ½ hour.

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