



Parmesan custard tart

By Maggie Beer

20 minutes

Preparation time

30 minutes

Cooking time

8

Serves

INGREDIENTS

300 g short crust pastry
80 g (1-2) shallots, finely chopped
1 tbsp extra virgin olive oil
3 large free-range eggs (150 g)
390 ml cream
2 tbsp finely grated parmesan
Salt flakes and ground white pepper,
to taste
50 ml crème fraîche, for glazing

METHOD

1. Roll the pastry to a thickness of 3 mm and cut into 8 discs, 12 cm in diameter. Line 8 lightly greased loose-based fluted tart tins, approximately 9 cm diameter and 2 cm deep. Dock the base of the pastry with a fork and refrigerate for at least 10-15 minutes.
2. Preheat the oven on Intensive Bake at 180°C with a Baking tray on shelf position 1.
3. Line the pastry with baking paper and weigh down with baking beads or dried beans and place into the oven on the hot tray. Bake for 13 minutes or until the edges of the pastry are cooked through.
4. Remove from the oven then remove the baking paper and beads. Tap down any air bubbles in the base of the pastry and return to the oven. Bake for a further 4 minutes until the pastry is cooked through and light golden in colour. Remove from the oven and cool for 5-10 minutes in the tin then remove from the tins and transfer to a wire rack to rest while preparing the filling.
5. In a heavy-based saucepan sauté the shallots in olive oil over low heat, induction setting 4 until translucent, sweet and just beginning to colour. Stir regularly to avoid browning.
6. Whisk together the eggs with a little salt and pepper, avoid incorporating air bubbles. Add the cream and parmesan then whisk gently to combine.
7. Arrange the tart shells onto a clean Baking tray then divide the shallots evenly between them followed by the parmesan custard and return to the oven on shelf position 2. Bake for a further 12–15 minutes until custard is set with a slight wobble.
8. Remove from the oven and stand on the tray. Change the setting of the oven to Full Grill at 200°C and heat for 2-3 minutes.
9. Brush the tops of the tarts lightly with crème fraîche. Place the tarts into the oven on shelf position 4 and Grill for 2-3 minutes or until lightly burnished.
10. Transfer to a wire rack to cool.
11. Serve warm with a side salad of lightly dressed greens.

Notes

- Cooked tart shells can be blind baked in advance and filled as desired. At Step 4, allow the tart shells to cool in the tin for 5–10 minutes then remove from the tins and cool completely on a wire rack before storing in an airtight container in a cool, dry place or the freezer.