

East West Bake Cooking Show

VEGETABLE & CHEESE TART

Chef Brian Mellor



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Episode 11 – Vegetable & Cheese Tart by Chef Brian Mellor

Serves 2

Ingredients

0.5 Ea Courgette

0.5 Ea Onion red

0.5 Ea Cheese mozzarella 10 G Herb rosemary

75 G Pastry puff

20 Ml Oil olive

Canale the courgette and cut in half lengthways, then cut on an angle into chunks. Cut the onion into wedges or large chunks. Allow the mozzarella to drain in a colander

Heat some oil in a pan and scorch the vegetables to give them some colour and smoky flavour. Don't worry if they are not cooked, remove them from the pan and place in the colander to drain and cool.

Roll out the pastry about 3mm thick into a rectangle about 20x10. Pre heat the oven to 200C

Place the pastry carefully onto a lightly greased baking sheet, 'dock' the pastry with a fork but leave at least 1 cm for the edge. Eggwash the edges (but not the centre)

Place in the fridge to rest for 10 minutes.

Rip or slice the cheese into similar size pieces and strip the needles from the rosemary.

Arrange the vegetables and cheese onto the pastry, scatter the rosemary across the tart and season.

Place in the oven and when the pastry is golden, risen and has a crisp base remove, rest for a minute and serve.

Brush with a little olive oil when finished.

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