

Miele

Asparagus, pea and goat's cheese tart

By Miele

1 hour, plus resting time

Preparation Time

50 minutes

Cooking Time

4 serves

Serves



INGREDIENTS

Sour cream pastry

200 g unsalted butter, chilled, 1 cm cubes
250 g plain flour
125 ml sour cream

Asparagus and pea filling

1 tbsp olive oil
1 shallot, finely sliced
2 garlic cloves, crushed
2 bunches asparagus, sliced 5 mm thick
100 g peas, frozen or fresh
½ bunch chives, finely sliced
Salt, to taste
Pepper, to taste
100 g goat's cheese, crumbled

Tart filling

3 eggs
125 ml milk
125 ml cream
50 g parmesan, finely grated
Salt, to taste
Pepper, to taste
8 extra sticks asparagus, to decorate

METHOD

Sour cream pastry

1. Pulse the butter and flour in a food processor until the mixture resembles large breadcrumbs.
2. Add the sour cream and continue to pulse until just before the dough starts to incorporate into a ball.
3. Remove from the food processor and bring the mixture together using your hands on a floured benchtop.
Shape into a rectangle to make it easier to roll out later.
4. Wrap the dough in cling wrap and refrigerate for 20 minutes.
5. Grease a 35 cm x 10 cm tart tin and dust with flour.
6. Roll the chilled pastry into a 3 mm thick rectangle and line the tart tin, making sure to press in the edges.
Refrigerate for 20 minutes. Trim the excess pastry from around the top edge with a small sharp knife.

Asparagus and pea filling

1. In a frying pan on medium heat, induction setting 6, heat the olive oil. Add the shallot and garlic and cook until soft and translucent, approximately 5-7 minutes.
2. Add the sliced asparagus and peas and heat until just starting to cook, approximately 1 minute.
3. Remove from the heat, add the chives and season with salt and pepper. Set aside to cool.
4. Mix the goat's cheese gently into the asparagus and pea filling.

Tart

1. Preheat the oven on Bottom Heat at 170°C, with a baking tray on shelf position 1.
2. In a jug, mix the eggs, milk, cream and parmesan until combined and season to taste.
3. Fill the tart shell with the asparagus and pea filling, spreading evenly over the base.
4. Pour the egg mixture evenly over the tart filling and decorate with the additional sticks of asparagus.
5. Place the tart tin on the preheated baking tray and bake for 20 minutes on Bottom Heat.
6. Change the oven function to Intensive Bake at 130°C and bake for a further 30 minutes.
7. Remove the tart from the oven and cool in the tin before slicing and serving warm, or at room temperature.

Hints and tips

- This recipe can be cooked using a 20 cm round tin without adjusting the method.
- Quiche or tart, this is a delicious recipe.