



Goats Chevin, Roasted Tomato, Thyme and Balsamic Tart



Cooking equipment: Oven, 2 bowls, spatula, rolling pin, sieve, knife, baking beans, 20 cm quiche pan with loose bottom (or a few mini tart cases for tartlets)

The Pastry:



250g Cake Flour sifted and small handful for dusting the surface

150g Butter cut into cubes

1 Egg Yolk



1 teaspoon of Xylitol

Pinch of salt

60 ml Cold Water

Preheat your oven to 200 degrees celcius

In a glass or stainless-steel bowl, add flour, butter, xylitol. With your fingers, press the butter into the flour until it resembles large crumbs.

Do not overwork the mixture as we want to keep it as cold as possible.





Add the egg yolk and Ice-cold water to the bowl and with a spatula or a knife cut into the mixture until it works into a dough.

With your hands work the mixture into a ball and wrap it in plastic and allow to rest in the fridge for the next hour.
(This can be the day before and freezes well)

While the pastry is resting, let's make the filling.


After resting period, flour a surface and roll the pastry out to the thickness of 5mm. Lift gently any way you are comfortable or by wrapping around your rolling pin and gently place into the tin.

Cut the pastry at the edges. Rest for a further 20 minutes and bake blind with baking beans or weights in the preheated oven for 15 minutes. Once removed, turn the oven down to 160 degrees celcius




The Filling:

Roasted Tomatoes; Cherry Tomatoes halved

30 ml Olive Oil 

30 ml Balsamic


5 ml Xylitol 

Sprig of thyme

1 clove of Garlic crushed


Pinch of salt and grind of black pepper

Egg custard:

3 Eggs whisked with 125ml Milk and  250 ml Cream, pinch of salt and pepper

In a bowl, add Tomatoes, xylitol, Balsamic, Thyme, Garlic and season with salt and pepper.

Add all to an oven tray and roast for 40 min.

Once the tartlet base is cooked, add the tomatoes, and place the  Goats Cheese in between the pieces.

Add freshly chopped basil, Pour in the Egg Custard and bake for a further 20 minutes until set

