

## **Smoked bacon and onion tart recipe**

### Ingredients

#### For The Pastry:

100g (4oz) butter, chilled and diced  
225g (8oz) plain flour  
Pinch mustard powder  
15ml (1tbsp) finely grated Parmesan cheese  
1 large egg, beaten



#### For The Filling:

225g (8oz) smoked bacon bits  
15ml (1tbsp) oil  
2 large onions, sliced  
4 large eggs  
60ml (4tbsp) half-fat crème fraiche  
50g (2oz) Cheddar cheese, finely grated

### **Method**

To make the pastry, rub the butter into the flour until it resembles fine breadcrumbs. Stir in the mustard powder and Parmesan cheese. Add the egg and 15-30ml (1-2tbsp) cold water; mix to a dough. Knead lightly until smooth, then wrap and chill for 30 mins. Preheat the oven to 200°C (400°F, gas mark 6). Roll out the pastry and use to line a 19x29cm (7½ x 11½ in) loose-based flan tin. Prick all over with a fork; chill for 30 mins. Line with foil and baking beans and bake for 10 mins. Remove the beans and foil and return to the oven for 2-3 mins until light golden. Cool.

To make the filling, dry-fry the bacon bits in a non-stick frying for 5-6 mins. Remove and drain on kitchen paper. Add the oil to the pan and gently fry the onions for 10-15 mins until soft and golden. Cool.

4 Beat the eggs and crème fraiche together and season with salt and freshly ground black pepper. Spread the bacon and onions in the pastry case, pour over the egg mixture and scatter over the Cheddar cheese.

Bake for 25-30 mins until golden and set. Serve the tart warm or cold.

# Healthy Wholemeal Pizza

## Base

50g Self-raising flour  
50g Wholemeal flour  
1.25ml spoon baking powder  
25g margarine  
Approx. 50ml milk  
Vegetable oil for brushing

## Topping

2 tinned tomatoes  
2x15ml spoons of tomato juice or tomato puree  
½ small onion  
50g grated cheese  
Pinch of oregano

## Extras choose one

Thinly sliced rings of red or green pepper  
2 mushrooms washed and sliced  
Onion rings, thinly sliced

## **Method**

### Base

Sieve flours and baking powder into a mixing bowl  
Add margarine and cut into pieces with a knife  
Rub margarine into flour  
Mix to a soft dough with milk  
Turn out onto a floured worktop, knead lightly and roll onto a 18cm circle  
Lift onto a greased baking tray and raise edge to form a border brush with a little oil  
Preheat the oven to 200°C (400°F, gas mark 6)

### Topping

Chop tomatoes roughly and place on pizza base  
Add Juice/tomato puree  
Chop onion finely and add  
Arrange extra ingredients on top  
Sprinkle cheese on top  
Add oregano  
Bake until golden brown