

Purple Sprouting Broccoli Tartlets (Gluten Free/ Vegetarian)

Makes 24

Ingredients

Gluten Free Pastry

- 300g gluten free flour (we used Doves Farm)
- 1 heaped tsp xanthan gum
- 65g chilled butter
- 80g margarine
- 1 large egg, beaten

Filling

- 1 tbsp sunflower oil
- 1 small onion, finely diced
- 2 large eggs
- 200ml crème fraiche

Method

1. 200g purple sprouting broccoli, blanched and roughly chopped
2. Preheat the oven to 180c hot air (or 180c hot air + bottom heat)
3. To make the pastry, put the flour, xanthan gum, butter and margarine into a food processor and blitz on the pulse setting until the mixture resembles breadcrumbs. With the motor running, slowly add the beaten egg and blend until the mixture begins to come together.
4. Gather the pastry into a ball and flatten slightly. Cover with cling film and leave to rest in the fridge for 30 minutes. Roll out the pastry on a lightly floured surface until about the thickness of a 50 pence piece. Cut out into 6cm rounds using a cookie cutter and use the rounds to line 2 shallow 12-hole bun tins.
5. To make the filling, heat the oil in a small pan and add the onion. Cook on a low heat until the onion is soft but without any colour. Set aside and leave to cool.
6. In a large bowl, whisk the eggs until just combined. Stir in the crème fraiche, cooked purple sprouting broccoli and cooled onions. Season with salt and pepper and mix well.
7. Divide the filling between the pastry cases, ensuring that the broccoli is distributed evenly between each one. Carefully place the tins into the oven and cook for 18-20 minutes or until the pastry is golden and the filling has cooked.
8. Serve warm or cold.

