



Cheddar cheese & asparagus tart

SERVES 6 PREP 20 mins plus chilling and cooling
COOK 1 hr EASY V

For the pastry

250g plain flour, plus extra for dusting
½ tsp fine salt
125g cold unsalted butter, cubed
100g cheddar, grated or finely crumbled

1 To make the pastry, put the flour, salt and butter in a large food processor and blitz until the mixture resembles fine breadcrumbs. Add the cheese and pulse two to three more times, then pulse while gradually pouring in 4 tbsp cold water until you have a dough. You may need to add a bit more water if the dough is dry. Knead the dough gently on a lightly floured surface until smooth. Wrap and chill for 10 mins. Heat the oven to 200C/180C fan/gas 6.

2 Roll the pastry out on a floured surface to the thickness of a 50p piece – it should be large enough to line a 23cm loose-bottomed tart tin. Line the tin with the pastry, leaving any excess hanging over the edge. Score the base several times with a fork,

For the filling

3 large eggs
100g crème fraîche
150g double cream
175g cheddar, crumbled
250g asparagus, trimmed and halved lengthways if thick

line with baking parchment and fill with baking beans. Transfer the tin to a baking sheet and bake for 15 mins. Remove the parchment and beans, then bake for 15-20 mins more until just golden and cooked through. Use a serrated knife to trim the pastry edges.

3 Meanwhile, whisk the eggs, crème fraîche and cream together, then mix in the cheese. Season. Pour the filling into the baked pastry case and arrange the asparagus spears over the top in a row. Bake for 25-30 mins until just set. Leave to cool in the tin to room temperature, then carefully remove from the tin, slice and serve.

GOOD TO KNOW calcium

PER SERVING 542 kcals • fat 42g • saturates 26g • carbs 25g • sugars 1g • fibre 2g • protein 16g • salt 0.8g

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Samuel Groves
Made in England 1817

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