Seasonal Eating



Caramelized Onion Tart

1 tablespoon coarsely ground mustard

1 (9 inch) unbaked pie crust (use store bought or see below)

1 tablespoon olive oil

2 medium onions, thinly sliced

1 1/2 teaspoons fresh thyme

3 eggs

1/2 cup half and half

3/4 cup milk

1/4 teaspoon salt

1/4 teaspoon black pepper

1 cup shredded Swiss cheese or gruyere cheese

1/2 cup freshly grated parmesan cheese

Rub mustard over pastry crust. Refrigerate 30 minutes. Prick crust with a fork. Line with wax paper or aluminum foil, add beans or pie weights and bake at 375 degrees for 12 minutes. Remove from oven and cool. Heat oil in a medium skillet over medium heat. Add onions and thyme; cook, stirring occasionally, until onions soften and caramelize, about 25 minutes. Remove from heat and cool. Combine eggs, half and half, milk, salt and pepper; whisk until well blended. Sprinkle cheese over bottom of crust. Spoon in the onions. Pour in egg mixture. Bake 25-30 minutes or until custard is set and top is golden brown. Let stand for 10 minutes before cutting.

Single Crust Pastry:

1 1/2 cups flour

1/2 teaspoon salt

1/2 cup vegetable shortening

4-5 tablespoons cold water

In a mixing bowl, stir together flour and salt. Cut in shortening until pieces are the size of small peas. Sprinkle 1 tablespoon of the water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat until all is moistened. Form dough into a ball. On a lightly floured surface flatten dough with hands, gently. Roll dough from center to edge, forming a circle about 12 inches in diameter. Wrap pastry around rolling pin. Unroll onto a 9 inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry. Trim to 1/2 inch beyond edge of pie plate; fold under extra pastry. Make a fluted edge by pressing with thumbs and index finger. Fill as directed in recipe and bake.

For a baked pie crust - prick the bottom and sides with the tines of a fork. Bake at 450 degrees for 10-12 minutes or until golden.