

BEETROOT AND GOATS CHEESE TARTS

Equipment needed –

3 baking trays, baking paper, round cookie cutters, measuring cups, measuring spoons, vegetable peelers, pastry brush, medium saucepan, small bowl and frying pan.

Ingredients from the Garden –

- 6 small beetroots, peeled and cut into 1 cm batons
- 6 x 3cm pieces of lemon rind

Ingredients from the Pantry –

- 5 sheets of puff pastry
- Milk for brushing
- 2 tablespoons of olive oil
- 2 cinnamon sticks
- ½ cup of balsamic vinegar
- 1 teaspoon of sea salt
- 4 tablespoons of caster sugar
- 1 packet of goat's cheese

What to do –

1. Preheat the oven to 200°C. Line 3 baking trays with baking paper.
2. Using a vegetable peeler, peel 3 cm strips of lemon rind. You will need 6 of these.
3. Bring a medium saucepan to the boil over a high heat. Add the lemon rind and cook for about 6 minutes or until beetroot is almost tender.
4. Drain the beetroot in a colander over the sink and remove the lemon rind - you can put the rind in the compost bin.
5. Measure out 2 tablespoons of olive oil into a frying pan and heat over a medium heat. Add the beetroot and cook gently stirring for 4 minutes.
6. Add the cinnamon stick, balsamic vinegar, salt and sugar. Cook stirring for 10 minutes or until the beetroot is caramelised and tender.
7. Meanwhile, cut out 5 rounds from each sheet of pastry. Place the pastry on the prepared trays and brush with some milk.
8. Bake for 10 minutes or until golden and puffed.
9. Crumble the goat's cheese and set aside.
10. Gently press the centre of each pastry round to make an indent.
11. Top each pastry with the beetroot mixture and sprinkle with the goat's cheese.
12. Arrange the tarts onto 3 serving platters, season with salt and pepper and serve.

Serves – 25 children