



Savoury Mini Tarts with Yellow Split Pea Pastry

Ingredients:

- 125g of wholegrain yellow split pea flour
- 80g cold butter, cubed (I use salted)
- 1½ tablespoons thick plain yoghurt
- 3 large, free range eggs
- 25g parmesan cheese, finely grated
- 85g onion, finely diced (about ½ an onion)
- 100g mushroom, finely diced
- ½ teaspoon mixed herbs, dried
- 40g pouring cream
- 50g baby spinach (2 good handfuls)
- Olive oil
- Salt & pepper to taste
- A little flour (any kind) for dusting the work bench while you roll the pastry

1. To make the pastry, tip the flour into a large bowl if you're mixing by hand, or into the bowl of a food processor if you have one. Add the cubed butter to the flour and rub together / pulse in the food processor until the mixture looks like coarse breadcrumbs. Don't overdo it. There should still be some fairly large pieces of butter.
2. Crack the eggs into a medium sized bowl and beat well with a fork. Set aside, most will be used in the filling. Add one and a half tablespoons of the beaten egg to the flour and butter blend for the pastry. Keep the rest for later.
3. Add the yoghurt and most of the parmesan cheese, keeping a little aside for each tart.
4. Bring everything together by hand / pulse a few times until the dough forms a ball. If it seems too dry just add another tablespoon of beaten egg and a teaspoon of cold water. Shape it into a disc. Wrap in baking paper and leave in the fridge for at least 10 minutes.
5. When you're ready to bake, preheat the oven to 180°C. You'll need 12 - 14 mini pastry tart tins. Grease each one thoroughly with olive oil.
6. Dust your work surface and your rolling pin lightly with flour. Roll the dough out. Keep lifting and turning the dough over, lightly flouring the work surface as you go. Roll the pastry out until it's around 3mm thick. Cut circles slightly bigger than the diameter of your mini tart tins and gently push and shape a circle of pastry into the base of each one. Check to ensure there isn't an air bubble under the base. Gather the scraps back into a ball and repeat. Brush a little of the beaten egg inside each pastry case.
7. Rinse the spinach well and add to a warm pan. Cook for a couple of minutes until wilted. Remove the spinach and set aside in a bowl to cool.
8. Add 2 tablespoons of olive oil to your pan and cook the diced onion and mushroom until softened. Add the mixed herbs and season well with salt and pepper.
9. Pour the cream into the bowl with the remaining egg, add a pinch of salt and whisk together.
10. Squeeze any excess water from the spinach and chop roughly. Divide the spinach between the pastry cases. Add a little mushroom mixture to each one.
11. Carefully add a spoonful of egg mixture over the mushroom mixture. Don't overfill the pastry cases. Finish with the parmesan you set aside earlier. Bake for around 15 minutes. You'll know they're done when the centre of each tart domes slightly.