

SWISS CHARD TART WITH ROASTED PUMPKIN AND BASIL



This recipe is from BBC Food Recipes
Submitted by Rosa Baden-Powell from Master
Chef

Chard leaves cook more quickly than the stem.
Wash well, before use, to remove any grit, and trim only
when ready to cook. The stem is often steamed and
served separately.

Chard needs to be stored in a moist, cool atmosphere.
Store it unwashed: wrapped in damp kitchen paper and
place in a plastic bag in the salad drawer of the fridge. Use
within a few days. Chard leaves freeze well, but the stems
become soggy. Wash the leaves well, blanch, drain, then
plunge into iced water. Drain again and pack into freezer
bags, then label and seal. Cook from frozen.

Ingredients:

For the Swiss Chard Tart

- 140g/4¾oz flour
- 100ml/3½fl oz olive oil
- pinch salt
- 500g/1lb2oz swiss chard
- 4 large eggs
- 100g/3½oz parmesan (or a similar
vegetarian hard cheese)
- handful of pine kernels

For the Roasted Pumpkin

- ½ large pumpkin or squash
- pinch chilli flakes
- a little oil

For the Basil Oil

- large bunch basil
- olive oil

Method:

For the Pastry: pour the olive oil and salt into the
flour. Knead for 1 minute until sticky and smooth.
Line the tartlet dishes with the pastry by pushing it to
fit with your fingers (don't even think of using a
rolling pin!)
Bake blind at 180C/350F/Gas4 for 10 minutes using
baking beans.

For the filling: cook the Swiss Chard in boiling water
and cut up well. Season. Beat the eggs and add the
cheese.

Toast the pine kernels.

Place the chard and toasted pine kernels into the tart
and cover with the egg and cheese mixture. Bake for
15 minutes at 180C/350F/Gas4

For the Roasted Pumpkin: peel and dice the
pumpkin or squash. Cover with a little oil plus a pinch
of chilli flakes. Roast for about 40 minutes and then
purée.

For the Basil oil: whizz together a handful of basil
with olive oil to create a sauce.

Remove the tart from the case, add a generous
portion of pumpkin purée, a handful of basil leaves
and pour the basil oil around the plate.

Ingredients are available in the shop. If you are not sure where please ask a member of staff.
This recipe is available to view online at www.phoenixshop.co.uk

