



WINE AND OLIVE ESTATE

RECIPE

Sweet Potato and Feta Tart

Ingredients

To roast the sweet potato

- 500 g sweet potato peeled and cut into 1cm cubes
- 2 Tablespoons **Morgenster Extra Virgin Olive Oil**
- 2 cloves garlic
- 2 - 3 Tablespoon sprigs fresh rosemary to equal 1 finely chopped rosemary
- Salt & pepper

To assemble the tart

- 1 x batch Kamut & Spelt Pastry or pre-purchased shortcrust pastry
- 2 Tablespoons Caramelised Onions
- 500 g roasted sweet potato
- 125 g feta cheese crumbled
- 125 ml whipping cream 1/2 cup
- 125 ml full fat milk 1/2 cup
- 1 egg
- 1 egg yolk extra
- Salt & pepper

Instructions

To roast the sweet potato

1. Preheat the oven to 200C (180C fan forced).
2. Place the sweet potato in a large bowl and set aside.
3. Roughly chop the garlic and then the rosemary.
4. Mix the rosemary and garlic together on the chopping board, then continue mincing the herbs and garlic until they are both finely chopped.
5. Scatter the rosemary mixture over the sweet potato.

6. Drizzle over the olive oil, and season with salt & pepper.
7. Toss everything together until the sweet potato cubes are well covered with oil.
8. Spread evenly on a baking tray, and bake for 30 minutes or until the sweet potato is starting to brown and is just cooked.
9. Remove from the oven and set aside.

To make the tart shell

1. Preheat the oven to 190C (170C fan forced)
2. Roll out the pastry to fit your tart tin.
3. Gently line the tin with the pastry.
4. Place a piece of baking paper over the pastry and fill the tin with dried rice or beans, or pastry weights if you have them.*
5. Bake the tart for 10 - 15 minutes, or until the edges of the tart turn a light, golden colour.
6. Remove the weights and the baking paper.
7. Reduce the oven to 180C (160C fan forced).
8. Continue to bake for a further 10 minutes, or until the base of the tart has set and lightly brown.
9. Remove the tart shell from the oven.

To make the custard

1. Whisk the cream, milk, egg, egg yolk, and salt & pepper together in a jug.
2. Set aside.

To assemble & bake the tart

1. Set the oven to 190C (170C).
2. Place the tart shell on a baking tray.
3. Spread the caramelised onions in a thin layer over the base of the tart shell.
4. Evenly distribute the sweet potato over the caramelised onions.
5. Scatter the feta cheese over the sweet potato, allowing it to fall into the gaps between the sweet potato.
6. Gently fill the tart shell 2/3 full of custard.
7. Place the tart in the oven (still on the baking tray) and fill the tart shell with the remaining custard#.
8. Bake the tart for 10 minutes.
9. Reduce the oven to 180C (160C)

10. Continue to bake for a further 10 minutes, or until the tart is golden and the middle is just set.
11. Remove the tart from the oven, and allow to rest for 10 minutes before serving.
12. Serve warm or at room temperature.

Recipe Notes

* If you have time, rest the unbaked tart tin in the fridge for 30 minutes to set the pastry. I don't always have time to do this, but do try to rest the pastry if the weather is hot.

