



Forager's tarts

READY IN



85 min.

SERVINGS



4

CALORIES



677 kcal

DESSERT

Ingredients

- ☐ 140 g rice flour
- ☐ 75 g flour plain
- ☐ 1 tsp double-acting baking powder
- ☐ 100 ml cooking oil
- ☐ 1 eggs lightly beaten
- ☐ 2 tbsp olive oil
- ☐ 3 onion thinly sliced
- ☐ 10 juniper berries dried crushed
- ☐ 100 ml red wine

- ☐ 2 tsp honey
- ☐ 8 blackberries
- ☐ 200 g mushrooms wild cleaned cut into bite-sized pieces
- ☐ 2 garlic clove chopped
- ☐ 3 sprigs thyme leaves finely chopped
- ☐ 150 g optional – few of cheese – we use sheep's milk

Equipment

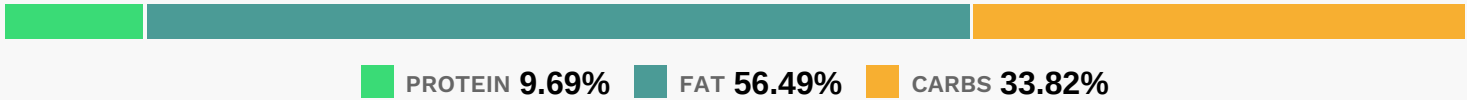
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Mix the flours, baking powder and some sea salt in a large bowl, then pour in the oil and gradually add 125ml lukewarm water until it starts to form a ball of dough. Tip out on to a floured surface and knead until you have smooth dough.
- ☐ Add a little more flour if its too sticky and a drizzle of oil if its too dry.
- ☐ Divide the dough into four balls.
- ☐ Roll each ball out to a 12cm wide, 1cm thick circle, then use your fingers to roll or bend the edges inward to form a rustic crust.
- ☐ Place a large frying pan over a medium heat, then cook the tart cases for 3–4 mins or until the base is golden brown (you will need to do this in batches).
- ☐ Transfer to a baking sheet, brush the cases with the egg (if using), then bake for 10 mins.
- ☐ Meanwhile, make the filling.
- ☐ Heat half the oil in a frying pan, then cook the onions for about 10 mins until soft.
- ☐ Add the juniper and some seasoning and cook for another minute.
- ☐ Pour in the red wine and honey, then stir in the blackberries, crushing with the back of the spoon as you stir. Cook for 3–5 mins until the mix has reduced down to a sticky, but slightly wet glaze, then set aside.

- ☐
- Heat the remaining oil in a frying pan, then cook the mushrooms and garlic over a high heat until golden. Scatter over most of the rosemary or thyme with some seasoning, then remove from the heat.
- ☐
- Spread a layer of sticky onions on the base of each tart, then divide the mushrooms between each one and crumble over the cheese.
- ☐
- Sprinkle with the remaining herbs and a drizzle of oil, then bake for 10 mins or until the cheese is melted and lightly golden.

Nutrition Facts



Properties

Glycemic Index:105.07, Glycemic Load:14.92, Inflammation Score:-8, Nutrition Score:18.334347849307%

Flavonoids

Cyanidin: 4.05mg, Cyanidin: 4.05mg, Cyanidin: 4.05mg, Cyanidin: 4.05mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Malvidin: 3.51mg, Malvidin: 3.51mg, Malvidin: 3.51mg, Malvidin: 3.51mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.33mg, Peonidin: 0.33mg, Peonidin: 0.33mg, Peonidin: 0.33mg Catechin: 3.29mg, Catechin: 3.29mg, Catechin: 3.29mg, Catechin: 3.29mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg, Isorhamnetin: 4.14mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 17.18mg, Quercetin: 17.18mg, Quercetin: 17.18mg, Quercetin: 17.18mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 676.72kcal (33.84%), Fat: 41.46g (63.78%), Saturated Fat: 8.13g (50.84%), Carbohydrates: 55.85g (18.62%), Net Carbohydrates: 48.42g (17.61%), Sugar: 7.82g (8.69%), Cholesterol: 74.29mg (24.76%), Sodium: 574.02mg (24.96%), Alcohol: 2.69g (100%), Alcohol %: 1.13% (100%), Protein: 16g (31.99%), Vitamin B2: 0.7mg (41.06%), Vitamin E: 5.41mg (36.09%), Fiber: 7.43g (29.73%), Selenium: 20.73µg (29.62%), Calcium: 291.12mg (29.11%), Phosphorus: 270.47mg (27.05%), Vitamin K: 23.1µg (22%), Iron: 3.89mg (21.6%), Vitamin B1: 0.29mg (19.55%), Folate: 77.36µg (19.34%), Vitamin B6: 0.37mg (18.73%), Manganese: 0.37mg (18.58%), Vitamin B3: 3.5mg

(17.49%), Vitamin B5: 1.5mg (14.96%), Copper: 0.26mg (12.88%), Vitamin B12: 0.75µg (12.53%), Zinc: 1.85mg (12.33%), Vitamin C: 9.68mg (11.73%), Potassium: 389.33mg (11.12%), Magnesium: 31.12mg (7.78%), Vitamin A: 264.13IU (5.28%), Vitamin D: 0.47µg (3.13%)