

## LEEK TART

### PASTRY:

1 cup plain flour (we use Spelt)  
70 grams walnuts  
75 grams butter  
1 egg yolk  
2-3 tablespoons cold water



### FILLING:

1 tablespoon coconut oil	½ - ¾ teaspoon salt
knob of butter	½ cup sour cream
3 large leeks	½ cup cream
2 cloves garlic, crushed	2 eggs
2 tablespoons fresh thyme	2 egg yolks
or 1 ½ teaspoons dried thyme	¼ teaspoon ground nutmeg
100 grams feta cheese	

### PASTRY:

Lightly butter a 24 cm flan dish.

Put the flour, walnuts and butter in a food processor until all ingredients are combined well. Add egg yolk and water and process until the dough comes together.

Tip out, form a ball, then roll out to a disc that fits your dish. Refrigerate for at least 30 minutes.

Preheat the oven to 200°C. Bake the pastry blind for 20 minutes. Take off the baking paper and bake for a further 3-5 minutes.

Reduce the temperature to 180°C.

### FILLING:

Prepare the leeks by chopping off the leafy ends but still leaving a bit of green. Slice them into quarters lengthwise then cut across about 1cm in width.

Heat oil and butter in a large pan and add the leeks, garlic, thyme and a pinch of salt. Cover and cook over a medium-low heat for 15 minutes or until leeks are tender. Stir in the sour cream and cool slightly.

Whisk the cream, eggs and egg yolks, nutmeg and salt in a bowl and. Add the leeks and combine. Pour into the tart case and crumble the feta cheese over.

Bake for 25-30 minutes until the filling is set. You may need to put your oven on fan bake for the last 10 minutes to get a nice colour on top.

Enjoy!

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