

Zucchini Mint and Goats Fetta Tarts with Balsamic and Honey Reduction

The zucchini and mint I pick straight from the lodge garden – there is something magical about cooking with food you've grown yourself and picked only moments earlier.

These little tarts are a perfect appetiser or can be made slightly bigger for individual entrées and served with a fresh green salad.

Shortcrust Pastry - I use Damien Pignolet recipe as his pastry is just so short and delicious

Flour – plain and sifted	240gm
Salt	¼ teaspoon
Unsalted Butter	180gm
Water - chilled	60ml

Sift flour and salt on to your bench, cut butter into 1.5cm dice and toss through the flour. Sprinkle with water and toss again with your pastry scraper. Now knead the dough together being careful not to overwork the pastry. If little lumps of butter are still visible don't worry it just means the dough isn't over worked. Wrap and chill for 20 minutes but no longer or it will become too hard to work with.

Grease the required size tins and roll out the pastry to approx 5mm thick and line the pastry tin. Fold the edges back in and prick base with a fork, line with foil and blind bake at 190C for 10 minutes then remove foil and weights turn oven down to 180C and bake for another 10 minutes or until just golden.

Filling

Zucchini	2 large or 4 small
Mint	½ a cup cut julienne
Goats milk fetta	150gm
Eggs	2
Cream	2 tablespoons
Salt and pepper	To taste

Grate zucchini, sprinkle with a little salt to draw out excess moisture and allow to sit for 10 minutes. Wring excess moisture from the zucchini using your hands or place in a clean dry tea towel and compress until all excess moisture is gone.

Combine eggs, cream, salt and pepper and whisk. Crumble fetta into mix, add the zucchini and mint and mix.

Fill tart shells and bake for 15 – 25 minutes depending on size of tart shell.

Balsamic and Honey Reduction

Balsamic Vinegar	1 cup
Honey	2 tablespoons

Mix balsamic and honey together, place in a small saucepan and simmer gently until reduced to half it's original volume. It should be a rich slightly thick consistency when warm. Remember it will become thicker when cooled.