



Transitions' Healthy Sight in Every Bite 'Smart Tarts' Recipes

Each 'smart tart' is made with a soy, short crust pastry base:

Soy, Short Crust Pastry Recipe

Ingredients:

150g soy flour
20g flaxseed flour
100g olive oil butter (this can be substituted by 80g butter and 20ml olive oil)
pinch of salt
1 egg yolk
60ml fridge water

Method:

- In a food processor, using an S – blade, mix together the flour, salt and butter until you achieve a fine breadcrumb texture.
- Mix the egg yolk with 30ml of the cold water and add this to the flour mixture.
- Pulse the ingredients until it starts to form a dough. If the texture is still crumbly, you can add the remainder of the water a little at a time until it forms a ball of dough. Please take note that this must not be a damp pastry so all the water may not be necessary.
- Remove pastry from the processor and bring it together to form a ball.
- Wrap the pastry and leave in the fridge to rest for 2 hours before using.

Baking of the tart cases

Method:

- Pre-heat oven to 180°C and grease muffin tray.
- Dust work surface with flour (no need to use all of it)
- Roll out the dough to 2mm thick and cut into 6 squares, approximately 12cm x 12cm.
- Line each cup with a square of pastry and trim the edges.
- Bake blind for 15-20 minutes until the edges are a light biscuit colour.
- Remove from oven and leave to cool in the muffin tray

'Smart Tart' Recipes

Smoked Salmon and Spinach Smart Tarts

For the filling

Ingredients:

4 eggs
2 cups of baby leaf spinach (raw)
125ml milk
salt and pepper to taste
60ml plain cream cheese
80g fresh smoked salmon
flaked almonds

Method:

- Pre-heat oven to 180°C.
- Place the eggs, spinach, milk, salt and pepper in a blender and blend until smooth.
- Pour the mixture into the prepared pastry cups to fill half a pastry cup.
- Bake in pre-heated oven for 15-20 minutes or until the spinach and egg mixture has set.
- Remove from oven and leave to cool. Remove from muffin tray.
- Once the tarts have cooled, place the salmon on top of each tart forming an over lapping circle.
- Place a teaspoon of cream cheese in the centre of the tart and sprinkle with a few flaked almonds.

This recipe makes 6 tarts.

Soy Bobotie Smart Tarts with Mixed Pepper Salsa

For the filling

Ingredients:

30ml olive oil
1 medium onion finely chopped
100g Knorrox Curry Flavor Soya Mince
1½ cups water
¼ cup raisins
¼ cup chopped dried apricots
2tblsp apricot jam
30ml chutney
salt and pepper to taste
4 eggs
200ml milk

Method:

- Pre-heat oven to 180°C.
- In a small sauce pan heat the oil. Add the onions and fry until soft.
- Add the raisins, apricots, apricot jam and chutney. Reduce the heat, stirring until the jam has melted.
- Add the soya mince and water and stir until the mixture has thickened and the soya mince is cooked.
- Once cooked, remove from heat and set aside.
- Mix together the eggs, milk and seasoning.
- In your prepared pastry cases, place two generous tablespoons of the mince mixture in each pastry case and smooth it out to cover the bottom of the case.
- Pour the egg mixture over the top of the mince ensuring that you do not fill it right to the top.
- Place in oven and cook for 15-20 minutes or until the egg has set and is a golden colour.

- Remove from oven and leave to cool. Remove the tarts from the muffin tray.

Mixed pepper salsa

Ingredients:

¼ red pepper
¼ green pepper
¼ yellow pepper
60ml sweet chili sauce

Method:

- Chop the peppers in to small dice and mix together with the sweet chili sauce.
- Spoon a generous teaspoon of the salsa in the centre of each tart and serve.

This recipe makes 6 tarts.

Cream Cheese Smart Tart with Candied Grapes and Mulled Wine

For the filling

Ingredients:

1 tub smooth plain cottage cheese
10 ml lemon juice
50ml condensed milk
2 tspn powdered gelatine
30ml water

Method:

- Sprinkle the gelatine over the 30ml water and leave for 15minutes to become spongy.
- Mix together the cottage cheese, lemon juice and condensed milk.
- Dissolve the gelatine in microwave without boiling and mix into the cottage cheese mixture.
- Pour mixture in to prepared pastry cases and leave in fridge to set for 20 minutes.

Candied Grapes

Ingredients:

3 tspn powdered gelatine
45ml water
½ cup granulated sugar
18 grapes washed and dried.

Method:

- Sprinkle the gelatine over the 30ml water and leave for 15 minutes to become spongy.
- Dissolve the gelatine in microwave without boiling and pour over grapes in a mixing bowl. Toss the grapes to ensure they are well covered with gelatine and then put them in the mixing bowl of granulated sugar. Toss the grapes again ensuring each grape is well covered with sugar.
- Remove from bowl and place on a plate that has been sprinkled with a little sugar.

Mulled wine reduction

Ingredients:

60ml red wine
125ml apple juice
30ml sugar
1 cinnamon stick
1 clove
pinch of dried ginger

40ml orange juice
2 tablespoons corn flour

Method:

- Mix the orange juice and corn flour together and set aside.
- Place the remainder of the ingredients in a small sauce pan and bring to the boil. Reduce heat and leave to simmer for 5 minutes.
- Remove the clove and cinnamon stick from the liquid and whisk in the corn flour and orange juice mixture until the liquid thickens and becomes clear.
- Remove from heat and leave to cool slightly.
- Spoon the wine mixture on to each tart covering the cheese filling.
- Garnish with 3 candied grapes per tart and serve.

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