



CARAMELISED GARLIC & ONION QUICHE

METHOD

Preheat the oven to 200°C/fan 180°C/gas mark 6. Cut the tops off the garlic bulbs so the cloves are slightly exposed. Put them in the middle of a large square of foil and drizzle over 1 tbsp oil. Seal the foil around the bulbs and place in a roasting tray. Roast in the oven for 40-45 minutes, or until the garlic cloves are completely soft. Remove and leave to cool. When cool, carefully remove the outer casing to reveal the cloves, keeping them as intact as you can.

Meanwhile, heat the remaining oil in a saucepan and fry the onions for 8-10 minutes until very soft. Add the balsamic vinegar and sugar and continue to cook for another 5 minutes. Season and set aside.

Place the onions in the bottom of the tart case and top with slices of the goat's cheese. Dot with the garlic cloves. Whisk the remaining 2 eggs along with the last egg white, milk and rosemary, season with black pepper and pour into the tart case. Return to the oven and bake for 35-40 minutes, or until just set. Serve warm or cold.

INGREDIENTS

- 4 whole garlic heads
- 2 tbsp olive oil
- 2 eggs
- 2 red onions, sliced
- 1 tbsp balsamic vinegar
- ½ tbsp brown sugar
- 75g goat's cheese
- 150ml semi-skimmed milk
- 1 tbsp finely chopped fresh rosemary
- 1 savoury tart case

