

Beetroot and Walnut tartlets (with or without goat's cheese) – **by Angela Cochrane**

Makes around 24 if using a 3" (7.5cm) pastry cutter.

Pastry ingredients

200g (7oz) of plain flour
100g (3.5oz) of butter
25g (1oz) of finely crushed walnuts
Pinch of salt
A little water to bind

Filling ingredients

250g of cooked beetroot (*no vinegar*)
1 dessertspoon of cumin seeds, finely crushed
60g of finely crushed walnuts
30g of bread, preferably wholemeal, crusts removed
1 tablespoon of tahini (sesame seed paste)
1 garlic clove (not too large) crushed to a paste
Juice of half a lemon (or to taste)
Salt and freshly ground black pepper to taste
(Some soft, rindless goat's cheese, if you wish)

Make about 24 pastry cases using a 3" (7.5cm) cutter. Put into tartlet tins and prick the base of the tartlets two or three times with a fork, to help them keep their shape while cooking. Bake for a few minutes at 220C (200C in a fan oven). *Keep a careful watch on them.* Cool a little in the tin and then remove carefully to a wire rack as they will be fragile.

To make the filling

Gently toast the walnuts in the oven or in a frying pan for a few minutes, then leave to cool. Gently and briefly toast the cumin seeds, then crush them thoroughly in a pestle and mortar.

Finely crush the walnuts in a food processor. Break up the bread and add to the food processor to make fine breadcrumbs. Set aside.

Roughly chop then blitz the beetroot in the food processor. (I buy Sainsbury's cooked beetroot, which comes vacuum packed *with no vinegar*, drained well on kitchen paper to remove any liquid.) Add the tahini, garlic, cumin, lemon juice and seasoning.

Add the walnuts and breadcrumbs to the mixture, then mix to a firm, thick paste. Check the seasoning and adjust if necessary. (You can add some soft, rindless goat's cheese, such as Abergavenny, to taste if you wish.)

Divide the mixture between the pastry cases (about a heaped teaspoon). Do this gently to avoid breaking them. Decorate with a little parsley or coriander to add colour.