

Crab Tartlets

REF:

Serves 12 as part of a tapas meal

Cuisine: Spanish

Ingredients:

1 tbsp Spanish olive oil
1 Small onion, finely chopped
1 Garlic clove, finely chopped
175g Canned crabmeat, drained
55g Manchego or Parmesan cheese, grated
2 tbsp Chopped fresh flat-leaf parsley
2 Eggs
2/3 cup Milk or light cream
Splash of dry white wine
Fresh dill sprigs, for garnish
Pinch of freshly grated nutmeg
Salt and pepper

For the pastry:

2½ cups All-purpose flour, plus extra for dusting
¾ cup Butter
2 tbsp Cold water
Pinch of salt
OR
500g Prepared shortcrust pastry

Method:

1. Preheat the oven to 375F/190C.
2. To prepare the crabmeat filling, heat the olive oil in a pan. Add the onion and cook for 5 minutes or until softened but not browned. Add the garlic and cook for an additional 30 seconds. Add a splash of white wine and cook for 1-2 minutes or until most of the wine has evaporated.
3. Lightly whisk the eggs in a large bowl, then whisk in the milk or cream. Add the crabmeat, grated cheese, parsley and the onion mixture. Season the mixture with nutmeg and salt and pepper to taste and mix together.
4. To prepare the pastry if you are making it yourself, mix the flour and salt together in a large bowl. Add the butter, cut into small pieces, and rub it in until the mixture resembles fine breadcrumbs. Gradually stir in enough of the water to form a firm dough. Alternatively, the pastry could be made in a food processor.
5. Thinly roll out the pastry on a lightly floured counter. Using a plain, round 2¼ inch/7cm cutter, cut the pastry into 18 circles. Gently pile the trimmings together and roll out again, then cut out an additional 6 circles. Use to line 24 x 1½ inch/4cm tartlet pans. Carefully spoon the crabmeat mixture into the pastry shells, taking care not to overfill them.

6. Bake the tartlets in the preheated oven for 25-30 minutes or until golden brown and set.

To Serve:

Serve the crab tartlets hot or cold garnished with fresh dill sprigs and a green salad.

Chef's Notes: