

pap and pilchard tart

I made this recipe for Episode 5 of *The Perfect Ace*. On this show, I would go to people's homes and show them how to make special meals using everyday ingredients. When we presented this meal, the family was almost in tears.

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Pie crust:

3 cups water
1 tsp salt
1 cup maize meal
2 tbsp butter
1 tbsp chopped parsley
¼ cup grated cheddar
cheese
2 egg yolks

Pilchard filling:

2 onions, chopped
1 can (425g) pilchards in
tomato sauce, drained
and flaked
1 tsp dried mixed herbs
Salt and pepper
4 tomatoes, thinly sliced
¼ cup grated cheddar
cheese
3 eggs
1 cup milk

1. Preheat oven to 200°C. Grease a 22cm pie dish.
2. To make the crust, bring the water to a boil, add salt, stir in the maize meal and cook over low heat, stirring constantly for about 5 minutes until it thickens.
3. Remove from the heat and mix in the butter, parsley, cheese and egg.
4. Spoon mixture into the pie dish, lining the base and sides neatly. Bake for about 30 minutes or until crisp and golden.
5. Remove from oven and lower the temperature to 180°C.
6. To make the filling, mix the onion, pilchards, herbs, salt and pepper together in a bowl.
7. Spread the mixture onto the warm pie crust and top with tomato slices. Sprinkle with cheese.
8. Whisk eggs and milk together and pour over the tomatoes.
9. Bake the tart for 25–30 minutes until set.

Serves: 6-8