

Onion Flan



Ingredients

Pastry

3 oz Self-Rising Flour
3 oz Plain Flour
Pinch of Salt
3 oz Margarine or Butter
2 oz finely shredded cheddar cheese

Filling

1 ½ lbs Finely Chopped Onions
2 oz (½ Stick) Butter/Margarine
2 Eggs
½ Cup (4 oz) Milk
2 Tbsp Shredded Cheddar Cheese
Salt & Pepper To Taste

Directions

Pastry:

Mix flours and salt together, and rub in margarine/butter until crumbly. Mix in cheese. Add enough cool water to make a soft dough. Place in fridge for 30 minutes to rest. Meanwhile prepare the filling. Preheat oven to 350°F.

Filling:

Melt butter/margarine in medium/large saucepan. Add chopped onions and cook uncovered on medium-high heat until reduced and have a caramel color (A good 20 minutes). Roll out pastry on floured surface and transfer to 8-9 inch pie/flan plate. Prick pastry with fork. Place in oven for about 10-15 minutes. Remove from oven and cover pastry with the onion. Whisk the eggs, milk, salt & pepper and pour over the onion. Sprinkle the cheese over the top, return to the oven and bake for 30-40 minutes or until the filling is puffy and golden brown.

Notes

Optional - add cooked bacon, ham, chicken or broccoli into flan.

