

ONION TART TATIN

EQUIPMENT

CHEF'S KNIFE, MUFFIN TIN, ROUND PASTRY CUTTERS, SPOONS, SMALL SAUCEPAN

INGREDIENTS

4 MEDIUM SIZE BROWN ONIONS, 50GM BROWN SUGAR, 2 STAR ANISE, 150GM VERJUICE, 2-3 SPRIGS THYME, 1 SHEET PUFF PASTRY, 1 BUFFALO MOZZARELLA, 4-5 SPRIGS BASIL, SEA SALT, EXTRA VIRGIN OLIVE OIL, CANOLA OIL SPRAY

METHOD

TO BEGIN: PLACE THE ONIONS ONTO A PERFORATED BAKING TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 100°C FOR 20 MINUTES.

IN A SMALL POT PLACE BROWN SUGAR, VERJUICE AND STAR ANISE, PLACE THE POT OVER A MEDIUM HEAT ON THE STOVETOP BRING TO THE BOIL AND REDUCE FOR 8 MINUTES.

GREASE THE MUFFIN TIN WITH OIL SPRAY, ADD A LITTLE PICKED THYME AND SEA SALT TO THE BASE OF THE MUFFIN TIN AND SET ASIDE.

NEXT CUT THE PASTRY USING A PASTRY CUTTER APPROX. THE SAME SIZE AS YOU MUFFIN TIN, SET THE PASTRY ASIDE.

ONCE THE CARAMEL HAS COOKED REMOVE FROM THE STOVE AND SET ASIDE TO COOL FOR 5 MINUTES. ONCE COOL SPOON APPROX. 2 TABLESPOONS OF CARAMEL INTO THE BASE OF YOUR MUFFIN TIN.

ONCE THE ONIONS HAVE COOKED REMOVE FROM THE OVEN AND SET ASIDE TO COOL FOR 5 MINUTES. RE-SET THE OVEN TO COMBI MODE (25% STEAM) 165°C.

ONCE COOL ENOUGH TO HANDLE CUT THE TOPS AND BOTTOMS OFF THE ONIONS AND CUT EACH ONION IN HALF. REMOVE THE SKINS FROM THE ONIONS AND PLACE EACH HALF INTO THE MUFFIN TIN, PLACE A ROUND OF PASTRY ON TOP OF THE ONIONS AND TUCK THE SIDES OF THE PASTRY IN.

PLACE THE MUFFIN TIN INTO THE OVEN AND SET THE TIMER FOR 25-30 MINUTES.

ONCE COOKED REMOVE FROM THE OVEN AND LEAVE THE TARTS IN THE TIN FOR 5 MINUTES. REMOVE THE TARTS CAREFULLY WITH A SPOON AND PLACE ONTO A LARGE SERVING PLATTER, TEAR OVER MOZZARELLA, SCATTER OVER SOME BASIL LEAVES AND FINISH WITH A DRIZZLE OF OLIVE OIL.

HINTS & TIPS

- TRY THE SAME RECIPE WITH EITHER GOAT'S CHEESE OR A STRONG BLUE VEIN FOR A BIGGER CONTRAST IN FLAVOUR WITH THE SWEET ONIONS.
- YOU CAN MAKE MINIATURE VERSIONS OF THIS WITH SMALL PICKLING ONIONS OR SHALLOTS FOR A VEGETARIAN CANAPÉ.