



TREWITHEN DAIRY

GLYNN VALLEY · CORNWALL

RED ONION TARTE TATIN WITH BLUE CHEESE AND CORNISH CLOTTED CREAM

DESCRIPTION

Layers of flaky pastry topped with buttery, caramelised onions makes the perfect vegetarian Christmas dinner or a great Boxing Day buffet centrepiece. Crowned with rich Cornish blue cheese and Cornish Clotted Cream for a luxuriously festive finish.

Serves 4 - 6

INGREDIENTS

4 tennis ball size Red Onions, peeled and halved
Olive Oil
150ml Chicken Stock
Bunch of Thyme
100g Caster Sugar
50g Trewithen Dairy Salted Butter, chilled cubes
15ml Balsamic Vinegar
1 sheet of ready-made Puff Pastry
50g Blue Cheese
50g Trewithen Dairy Cornish Clotted Cream

METHOD

1. Preheat oven to 170c
2. Slice the peeled onions in half lengthways from root to stem. Drizzle olive oil in a cast iron pan, add the thyme, then place the onions neatly cut side down over the top. Pour over the chicken stock, then place the pan in the center of the pre-heated oven for 25 minutes. If there's any chicken stock remaining in the pan once the onions are cooked, carefully tip it away while keeping the onions intact. Set aside.
3. While the onions are softening, make the caramel. Place the sugar in a small saucepan along with the tiniest dash of water. Allow the sugar to caramelize without stirring it, before removing from the heat and whisking in cold cubes of butter. Add the balsamic vinegar and season to taste - you may wish to add extra vinegar. Set aside.
4. Increase the oven temperature to 200c.
5. Drizzle 3 tablespoons of the balsamic caramel around the onions and carefully arrange the onions so they fit snugly and neatly in the pan. Cut out the puff pastry so it's slightly larger than your cast iron pan. Moving quickly if the onions are still warm, push the pastry around the onions and pierce a hole in the middle to let out steam.
6. Return the tart to the oven for approx 25 minutes or until cooked through and golden. Allow to cool for 15 minutes before turning out. Carefully run a knife around the pan, place your presentation plate on top of the pan and gently flip the plate upside down. You may need to ease the tarte away with a knife.
7. Combine the blue cheese and clotted cream together in a small bowl and dollop on top of the cooled tarte. Garnish with watercress, rocket or sprigs of thyme to serve.