

TASTE WITHOUT WASTE

Sweet Potato & Caramelised Onion Tarte Tatin

Serves 6

Ingredients

400g sweet potato (about 1 medium), peeled & sliced 3mm thick
1 tbsp extra virgin olive oil
400g red onions (about 3 large), peeled, halved & thinly sliced
1 tbsp brown sugar
5 sprigs thyme, leaves removed
2 tbsp red wine vinegar
Plenty sea salt & freshly ground black pepper
1 25cmx25cm (about 150g) sheet puff pastry, thawed if frozen.
150g soft goats cheese (I used chevre) or feta, crumbled.
Handful mint leaves, torn

Method

Preheat the oven to 200C. Bring a pot of water (preferably with a steamer basket inside) to the boil. Add the sweet potato & cook for about 7 minutes or until just tender. It doesn't matter if there are a few slightly crisp bits. Transfer to a strainer to drain, but don't refresh with cold water – you want to let it carry on cooking a bit.

Meanwhile, heat the olive oil in a 22cm oven-proof frying pan and add the sliced onions. Saute over a medium heat for approximately 10 minutes or until well softened. Stir through the sugar and thyme leaves. Tip in the vinegar and cook, stirring regularly, for about 7 minutes or until sticky & caramelised. If the onions begin to dry out, add a little boiling water. Season well with salt and pepper.

Remove $\frac{3}{4}$ of the onions from the frying pan. Use a plastic spatula to scrape the rest into a small flat circle in the centre of the pan. Grease the sides of the pan (be careful, not to burn your fingers!). Arrange one layer of sweet potato slices in a circle around the outer edge of the frying pan, so that they are just overlapping. Now arrange a second circle within that and continue until you can no longer see the bottom of the pan/the onion in the centre. Distribute the reserved onions over the sweet potato and arrange any remaining sweet potato slices in rings, starting from the outer edge and working inwards again. Sprinkle $\frac{2}{3}$ of the goats cheese on top and then cover with the sheet of pastry, tucking the edges underneath. It might crinkle up in places – that's fine, it will give it a rustic look!

Bake for 35 minutes or until the pastry is puffed up, crisp and golden brown.

Rest the frying pan on a wire rack for ten minutes, then run a flexible plastic spatula around the edges of the tart. Place a board or plate over the top of the pan and flip over, making sure you have a firm hold of both the plate and the pan! The tart should come out quite easily. If the onion sticks to the pan, simply scrape off and rearrange in the centre.

Sprinkle over the remaining $\frac{1}{3}$ of goats cheese and garnish with torn mint leaves.

Best served immediately with a green salad, though tastes quite nice cold for lunch the following day!

Source: *A Taste Without Waste original.*

Printed from: www.tastewithoutwaste.com