



Carrot tarte tatin

Serves: 24 – 30 tastes

Source: BBC good food Angela Boggiano



Ingredients

500g carrots
3 large onions, sliced
1 tablespoon olive oil
25g butter
50ml water
3 x sprigs thyme
2 tablespoons brown sugar
100g Brie, diced

3 sheets of puff pastry
1 egg
Fresh thyme and parsley to garnish

Equipment

Peelers
Chopping boards
Knives

Frying pan x 2
Wooden spoon
Measuring scales
Bowl

6 x gratin dishes
Pastry brush
6 x serving plates

What to do:

- Heat oven to 180 degrees celcius
- Peel and slice the onions
- Peel the carrots and slice them into thin rounds - 5mm thick
- Heat the oil in a frying pan, cook the onions over a medium heat until they are softened and golden – transfer them to a bowl
- While the onions gently cook, heat the butter and sugar in the other frying pan, add the carrots, thyme leaves and water and simmer for 15 minutes until the water has reduced and the carrots are golden and tender
- Divide the carrots evenly between the gratin dishes
- Top with diced brie and cooked onions
- Cut each sheet of pastry in $\frac{1}{2}$ and cover the vegetables with the pastry. (Trim and discard any excess pastry, the pastry must be tucked in around the vegetables not stuck to the edges of the dish – this will ensure a clean flip)
- Brush the pastry with beaten egg and bake in the oven for 15 minutes or until crispy and golden
- Remove from the oven and allow to stand for 5 minutes
- Run a sharp knife around the edges of the pastry, to loosen it from the dish
- CAREFULLY flip the tarte tartin (yes veg side up!) onto a serving plate, remove the gratin dish.
- Scatter with fresh thyme & parsley leaves and serve