



STIR CRAZY

CATERING & COOKING SCHOOL

Beetroot & Feta Tarte Tatin



Preparation Time	30 minutes
Cooking Time	40 minutes
Standing/Marinating	0 minutes
Serves	6 Portions

Ingredients:	
3-4 medium red beetroot	2 Tbsp brown sugar
1 red onion	1 cinnamon stick
1 roll puff pastry	2 x stgr anise
2 sprigs thyme	3 allspice berries
50g butter	Salt to season
200ml white balsamic vinegar	

Method:

1. Clean and boil the beetroot for 20 minutes, until relatively soft.
2. Meanwhile, add the vinegar, sugar, butter and spices into a pan and heat to boiling. Allow to boil for about 5 minutes, until reduced by about 1/3.
3. Remove from heat and set aside to cool. Once cooled, peel the beetroot and cut into slivers
4. Arrange the beetroot in an oven-proof frying pan in a circular pattern and repeat until the whole pan is covered. Sprinkle the thyme and red onion over the beetroot and season with salt.
5. Pre-heat the oven to 200 Deg C.
6. Strain the sauce and pour over the beetroot. Heat to boiling and allow to simmer until the sauce boils and starts to thicken and the beetroot is cooked through (approx. 10 minutes).
7. Remove from heat and allow to cool.
8. Meanwhile, roll out the puff pastry on a floured surface into a circular shape that fits the frying pan.
9. When the pan is cooled, lay the pastry over the pan and tuck the edges in.
10. Place the frying pan in the oven and cook for 10-12 minutes, until the pastry is browned and cooked through.
11. Remove from the oven when cooked and allow to cool slightly.
12. When cooled slightly, place a plate upside down over the frying pan and flip the pan over to release the tart onto the plate.
13. Sprinkle with feta and thyme leaves and serve hot.