

# SHALLOTS



Please note: Food images are representative only and not the actual cooked recipes.

## Shallots Mikor – Shallot tart tatin

SERVES 4-6 • PREP: 25 MINUTES • COOK: 45 MINUTES

**V** Vegetarian

### INGREDIENTS

#### For the pastry

- 1 sheet of puff pastry (about 250 g), or homemade shortcrust pastry

#### For the shallot filling

- 500 g shallots (about 10–12), peeled and halved
- 2 tablespoons butter
- 1 tablespoon olive oil
- 1–2 teaspoons sugar (optional, for caramelization)
- 2 tablespoons balsamic vinegar
- Salt and black pepper, to taste
- 1 teaspoon fresh thyme (or  $\frac{1}{2}$  teaspoon dried)
- Optional: 50 g grated cheese (gruyère or parmesan)

### METHOD

#### 1. Caramelize the shallots

Heat butter and oil in a heavy, ovenproof frying pan (about 20–23 cm / 8–9 inch). Add shallots, sprinkle with salt, pepper, and sugar. Cook over medium heat for 15–20 minutes, stirring occasionally, until golden and starting to caramelize.

Stir in balsamic vinegar and thyme, cook 2–3 minutes more.

#### 2. Preheat the oven

Preheat to 200°C / 400°F.

#### 3. Prepare the pastry

Roll out the puff pastry to fit your pan. Carefully place the pastry over the shallots, tucking the edges slightly around them.

#### 4. Bake the tarte

Transfer the pan to the oven and bake for 20–25 minutes, or until the pastry is puffed and golden.

#### 5. Invert the tarte

Let the tarte cool for 5 minutes, then carefully invert onto a serving plate so the caramelised shallots are on top.

#### 6. Optional finish

Sprinkle with grated cheese while still warm if desired.



[www.bluediamond.gg/gourmet-gardener](http://www.bluediamond.gg/gourmet-gardener)