

Shallot Tart Tatin (Vegan)

Serves 6 - 8 as a Starter or Light Lunch

Ingredients

- 320g pre rolled vegan puff pastry (we used Jus-Rol)
- 3 tbsp rapeseed oil
- 10 - 12 banana shallots, peeled and cut in half lengthways
- 3 tbsp soft light brown sugar
- 4 tbsp balsamic vinegar
- 2 tbsp brandy (optional)
- 1 tsp picked fresh thyme leaves

Method

1. Preheat the oven to 200c hot air (or 200c hot air + 60% humidity if using a combi steam oven)
2. Roll the pastry out on a lightly floured surface so it is slightly bigger than your oven proof frying pan (approx. 25cm in diameter) and using a sharp knife cut out a circle shape. Transfer the pastry circle to a baking tray lined with parchment and chill in the fridge until required.
3. Heat the oil in the pan to a medium heat and add the shallots cut side up. Cook for 10 minutes until the shallots start to soften. Sprinkle the sugar and a pinch of salt over the cut side of the shallots before carefully flipping the shallots over. Arrange the shallots neatly so the base is covered and there aren't any gaps.
4. Turn the heat down low and add the balsamic vinegar, brandy (if using) and thyme leaves. Cook for a further 10 minutes until the shallots are very soft and have started to caramelize underneath. Take the pan off the heat.
5. Take the pastry out of the fridge and carefully lay it over the shallots, tucking the edges down into the pan with butter knife or spatula. Then place the pan into the preheated oven. Bake the Tarte Tatin for 25 minutes or until the pastry is lovely and golden.
6. Once cooked, remove the tart from the oven and leave to cool for 5 minutes. Place a plate or chopping board over the pan and using oven gloves or dry tea towel to hold the pan handle, confidently flip the Tarte Tatin over onto the plate or board. Some of the shallots may move but can easily be pushed back into place.
7. Serve straightaway with a rocket salad.



Shallot
Tart Tatin

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