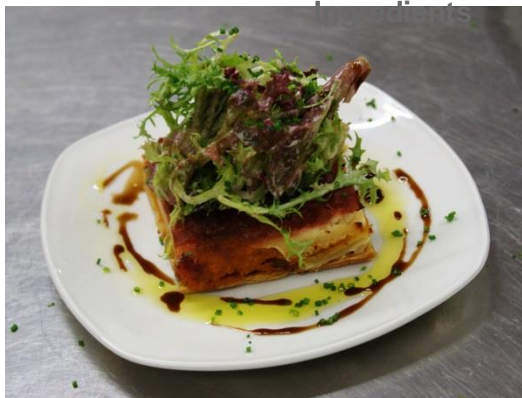




Michel's Kitchen

Caramelised Red Onions with Honey, Goats Cheese, Sweet Potato Tatin

For 4. **Cooking time:** 45 mins for the sweet potato; 25 mins to prepare the tart and then a further 30 mins to cook. Then 5 mins to stand.



2 tablespoons of butter
 3 tablespoons of honey
 1 small goats cheese 180g cut into 10 slices
 4 medium size sweet potatoes
 8 medium sized red onions cut in half and sliced 3mm thick
 1 sheet of puff pastry – rolled to 3mm thick oversized to a Victoria sandwich sponge tin
 Salt & pepper

Method

Wash the sweet potatoes and bake in their skins in the oven at 180C until soft.

When cooked, cut in half, leave to cool down. Skin the potatoes and mash and season with salt & pepper.

Melt the butter in a saucepan, add the onions and sweat until the water of the onions evaporates, season with salt & pepper, add the honey and leave the onions and honey to caramelize together. This process should take about 30 minutes.

To make the Tart

In a Victoria sponge tin, lay a piece of parchment paper to cover the bottom and sides of the tin. Lay the sliced goats cheese in a circular pattern in the bottom of the tin. Add a layer of caramelised onion over the goat's cheese, then add a layer of mashed sweet potato and top with the puff pastry, tucking in all the edges into the tart.

Bake in the oven at 180C for about 30 minutes or until the puff pastry is cooked.

Leave to cool for five minutes and then place a plate over the pastry and turn the tart over. Remove the parchment paper et voila.

Serve with a little salad and Dijon mustard dressing.

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