

Tart tatin with shallot confit, balsamic caramel, fresh goat's cheese and arugula

Recipe for 4 pers

Description

A simple technique that brings out the best in shallots.

Note

You can apply this technique to many other ingredients (cherry tomatoes, onions, etc.).

Ingredients

Tart tatin

- 12 Unit(s) French shallot
- 1 Unit(s) Sheet of puff pastry
- 0 Berries Garlic powder
- 1 Dash(es) Honey
- 2 Tbsp Balsamic vinegar
- Butter
- Salt and pepper
- Olive oil

Garnish

- 200 Gr Fresh goat cheese
- 1 Handful(s) Arugula leaves
- 1 Unit(s) Green onion
- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **120 mins**
- Preheat your **Oven** at **320 F°**
- Resting time **30 mins**

Setting up

Crumble the goat's cheese into a bowl.

Chop the green onion.

Prepare a sheet of aluminum foil the size of a baking tray, and place a slightly smaller sheet of parchment paper on top.

Clean the shallots well in a cold water bath (if you have soil on them).

Cut out puff pastry circles with a cookie cutter (4" minimum).

Tart tatin

Candied shallots

Lay the shallots as is on the parchment paper (underneath, you have the aluminum foil), one against the other.

Drizzle with olive oil, a dash of honey, garlic powder, pieces of butter, salt and freshly ground pepper.

Wrap the shallots in aluminum foil like a gift-wrap.

Bake the shallots for one hour at 160°C.

Once out of the oven, open the packet and leave to cool slightly. Carefully untie the shallots, making sure they retain their shape. Keep the cooking juices.

Assembling the Tatin

Take a baking tray with parchment paper, drizzle the paper with olive oil, then do the same with balsamic vinegar and honey.

Lay the shallot hearts against each other to form four circles. Cover the shallots with the puff pastry circle. Brush the puff pastry with the cooking juices.

Bake in a hot oven (200°C/400°F), for 15 to 20 minutes.

Assembly

Place the shallot tarte tatin on a plate, surrounding it with a few arugula leaves, crumbled goat's cheese and green onion whistles.

Drizzle with Balsamic caramel.

Bon appétit!