

Onion & Feta Tart

Serves 6

Ingredients

1kg onions
3tbsp olive oil
1tbsp light muscovado sugar
2 tbsp balsamic vinegar
500g puff pastry
1 egg yolk, beaten
25g grated parmesan
140g feta
Parsley, chopped
Salt and pepper

Method

- Slice the onions thinly (easiest with a food processor or mandoline). Add to a large pan with the olive oil. Cook over a low heat for 50 mins stirring occasionally until very soft and lightly browned.
- Sprinkle in the sugar, vinegar, 1 tsp salt and a few grinds of pepper. Cook for a further 5 mins or until the onions are caramelised.
- Leave to cool, and then cover until ready to use (up to 24 hours in fridge).
- Roll out the pastry, trim edges.
- Line a baking sheet with non-stick baking paper.
- Score a 2cm boarder around the pastry edges. Prick all over the centre of the pastry with a fork and brush with the egg yolk.
- Sprinkle with parmesan (also within the scored boarder).
- Refrigerate for at least 15 mins.
- Spread the onion over the scored boarder.
- Bake for 25 mins (gas mark 6) until the pastry has puffed up and is golden.
- Crumble the feta and sprinkle along with the parsley over the top.
- Allow to cool to room temperature before cutting and serving.

Recommended equipment

- Masterclass Seven Piece Stainless Steel Mandoline Set
- Alan Silverwood 15" Heavy Duty Baking Sheet