

Mini Tartes Tartins of caramelised red onion and goat's cheese

(This recipe was originally found in Delicious Magazine)

Makes 12

2 tbs olive oil
2 red onions, finely chopped
1 garlic clove, finely chopped
200g soft goat's cheese, crumbled
1 sheet ready rolled puff pastry
(I use Careme Puff Pastry – excellent SA product)
Thyme leaves, to garnish (optional)

Preheat oven to 200 degrees.

Have ready 12 holes in a non-stick muffin pan (I spray the muffin pan with some olive oil to minimise sticking).

Heat oil in a small frypan over medium heat and add onions and garlic. Cook slowly for 5-8 minutes, stirring, until onion begins to caramelise. Spoon into mini muffin pan.

Set 50g goat's cheese aside, then dot each muffin hole with the remaining goat's cheese.

Scrunch the pastry and roll out again (this will prevent it from rising too much, which is what you want to avoid here). Cut out discs that will fit snugly over the filling in the muffin pans (use can use a very small scone cutter or if helpful).

Place pastry in the muffin holes and press down firmly.

Bake for 5-7 minutes until golden brown. Stand for 5 minutes, then carefully turn out the tarts onto a wire rack.

Serve warm, topped with the reserved goat's cheese and thyme leaves.

Tips

- The goat's cheese may be changed to blue cheese for a bit more bite.
- If you are in a hurry, substitute the pastry for small store bought pre-made pastry tart shells. Make the onion mix and spoon directly in to pastry tart shells and top with goat's cheese or blue cheese and thyme to finish. If this is too much onion, spoon some crème fraîche mixed with a dribble of lemon juice in the bottom of the pastry tart shell before topping with onion, goat's/blue cheese and thyme.

