



Campaigning for people to "Season with Sense"



## GARY MACLEAN'S CARAMELISED CAULIFLOWER TART

 **Prep:** 35 minutes

 **Cook:** 20 minutes

 **Serves:** 4

### INGREDIENTS:

- 3 med Onions, peeled and finely sliced
- 4 sprigs Thyme
- 1 Bay leaf
- ¼ tsp LoSalt
- 1 med Cauliflower
- 4 sprigs Rosemary
- ½ bulb Garlic, crushed
- 75g Butter, unsalted
- 200g Puff pastry
- 1 Egg yolk
- 4 Spring onions, sliced
- Sml bunch Chives, chopped

### METHOD:

1. Firstly, make the onion puree: Gently warm some good oil and a little splash of water in a pan. Add the onion, a sprig of thyme and the bay leaf then Season to taste with LoSalt and cover. Cook on a low temperature until the onion is soft but not coloured, remove herb stalks and blitz until smooth.
2. Meanwhile break the cauliflower into florets, cut each floret in half and place flat side down in a non-stick pan. Add a few sprigs of rosemary and remaining thyme, garlic, a pinch of LoSalt and the unsalted butter.
3. Cover with a disk of parchment paper (cartouche) and carefully cook on a low heat until the cauliflower is caramelized.
4. Take your pastry from the fridge and unwrap, roll out to ½ cm and cut the pastry into 15cm circles. Using the back of a butter knife score a 1cm border around each circle of pastry, next pop them onto a non-stick tray or a tray lined with parchment paper. Brush with egg yolk.
5. Bake them in the oven at 210°C. You need a very hot oven to start the rise in the pastry, this should take about 10 minutes just until they puff up and turn golden brown then remove. Reduce the oven temperature to 180°C.
6. To assemble the tarts place 1 tbsp puree per tart and cover the base. Then arrange the caramelised cauliflower on top of the puree.
7. When ready to serve, pop back into the oven for 5 minutes.
8. Finish with sliced spring onions and a sprinkle of chives.