Onion Tarte Tatin with Parmesan Cream

Recipe by V-ZUG Ltd.



Preparation	
Cooking time	
Portions	8

Onion Tarte Tatin with gently cooked onions, delicate caramel, and crispy puff pastry. Finished with Parmesan cream and thyme.

Silicone mould with 8 cavities, each approx. 6 cm Ø

Onion rings

100 ml white wine

100 ml apple juice

100 ml white balsamic vinegar

1 bay leaf

2 cloves

1 pinch of caraway seeds

1 pinch of salt

3 onions, in 5 mm thick rounds

Parmesan cream

20 g butter

100 g crème fraîche

50 ml cream

½ tsp cornflour

1 tbsp water

50 g Parmesan cheese, grated

1 pinch of pepper

Caramel

40 g sugar

1 tsp water

10 g butter

2 tbsp apple balsamic, or white balsamic vinegar

½ tsp salt

a little pepper

Tart

3 sprigs of thyme, leaves only

a little fleur de sel

a little smoked chilli flakes, (e.g. Chipotle)

1 pre-prepared rectangular puff pastry, (25 x 42 cm)

Onion rings

Place white wine and all ingredients up to and including the salt in a pan and bring to the boil over high heat (level 8). Remove the pan from the hob, carefully place the onion rings into the hot stock, making sure they remain intact. Leave to infuse until the stock has cooled completely.

Parmesan cream

Melt butter in a pan over medium to high heat (level 6-7). Add crème fraîche and cream. Mix the cornflour with the water until smooth, then add to the pan, and bring to the boil while stirring constantly. Reduce the heat (level 4), add Parmesan and continue stirring until the cheese has melted and the mixture is smooth and homogeneous. Place the Parmesan cream in a bowl. Cover with cling film, ensuring it is in direct contact with the surface to prevent a skin from forming. Chill in the refrigerator until completely cold.

Caramel

Heat the sugar and a little water in a pan over medium to high heat (level 6-7) and gently swirl the pan to caramelise to a golden brown colour. Reduce the heat (level 4), then add the butter, balsamic vinegar, salt and pepper. Simmer until a smooth caramel forms. Divide the caramel evenly into the silicone mould cavities.

Tart

Sprinkle the thyme leaves, fleur de sel and chilli flakes over the caramel in the moulds. Carefully life one pickled onion ring at a time from the brine, allow excess liquid to drain off, and place it on the caramel in the moulds. Using a pastry cutter, cut 8 rounds of approximately 6 cm Ø from the puff pastry. Prick them lightly several times with a fork and place over the onions in the moulds. Place the silicone mould on a baking tray and insert into the cold cooking space. Bake until golden brown at 185 °C for approximately 25 minutes using professional baking classic. Remove and allow to rest for approximately 5 minutes. Serve each tarte with a spoonful of Parmesan cream.

Professional baking classical 185 °C for 25 Mins

Accessories

Baking tray

Additional information

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