

Beetroot Tart Tartin

Rowville Primary School
Kitchen Garden Recipe

Ingredients

1 Medium Beetroot,
1 Medium Brown Onion,
Olive Oil,
Salt and Sugar,
1 Sheet Puff Pastry,
100g Fetta Cheese.

Equipment

1 small saucepan,
Scissors,
Chopping Board,
Non-slip mat,
Knife,
Skewer.
Food handlers gloves,
Frypan,
Wooden spoon,
Measuring spoons,
Baking tray.



Method

Trim leaves off beetroot with scissors. Save the smaller leaves. Wash the beetroot well, place in the saucepan, cover with cold water, simmer gently until cooked through (about 20 minutes.) Drain and let cool. Wash the beetroot leaves and leave to dry.

Turn oven on to 200 degrees.

Put gloves on to rub the skin off the beetroot. Cut off the top and cut into small sections.

Peel and slice the onions.

Heat the frypan, add 1 tablespoon of olive oil, add onions, ½ teaspoon of salt and 1 tablespoon of sugar. Fry until caramelized (a caramel colour).

Lightly oil your baking tray, spread your cooked onions, a layer of beetroot pieces, then top with your sheet of puff pastry. Place in the oven for 12 minutes or until puffed and golden.

Tip upside down on your chopping board, sprinkle crumbled feta cheese. Slice into 8 portions. Top with reserved beetroot leaves. Serve.