

Caramelised root vegetable tart



This upside down tart is suitable for vegans but you can also crumble some Traditional Welsh Caerphilly* once it is plated and still warm. Serve with a crisp green salad.

Serves 8 (starter) / 4 (main course) | **Prep** 20 minutes | **Cook** 50 minutes

Ingredients

- ½ squash, peeled and ends trimmed
- 1 each of carrot, beetroot and red onion
- 1 tbsp olive oil
- 2 garlic cloves, peeled and crushed
- Halen Môn Sea Salt^Δ and freshly ground black pepper
- 1 tsp finely chopped rosemary leaves, plus 1 whole sprig
- 45g caster sugar
- a few sage leaves
- 50g walnut halves
- 350g ready made puff pastry

Method

- 01** Preheat the oven to 180°C/Gas 4. Cut the squash in half lengthways, scoop out and discard the seeds, then cut the flesh into 0.5-1cm half-moons and put these in a medium bowl.
- 02** Peel and slice the carrot in half lengthways and add to the squash, then peel and slice the beetroot and onion. Pour over the oil, chopped rosemary, garlic, half a teaspoon of salt and plenty of pepper and toss to coat.
- 03** Heat a 24cm non-stick, oven-proof frying pan on a medium-high flame. Add the sugar, cook for four to five minutes, until it melts and becomes a semi-dark caramel, then take off the heat. Leave the caramel to cool a little, (it will keep cooking, so don't leave it too long) then lay the sprig of rosemary and a few sage leaves in the caramel. Arrange the vegetable slices around the rosemary in a circular pattern, working from the outside in and overlapping as much as possible. Add the walnuts. Spoon over any rosemary and garlic left in the bowl.
- 04** Roll the pastry into a rough 26cm circle and lay it on top of the squash, making sure it covers all the contents, tucking in around the sides. Prick all over with a fork and bake for 45 - 50 minutes, until the pastry is golden brown and the caramel is bubbling up at the edges. Put a large plate upside down on top of the frying pan and invert so the tart comes out on the plate.

