

Brussels Sprouts Tarte Tatin



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Makes a 22cm tart

Prep time: 15min + dough chilling time

Cook time: 45min

Total time: 1h

Difficulty: Intermediate

Category: Tarts & quiches, Vegetarian

Cuisine: French

Brussels sprouts can be delicious when prepared properly. In this recipe, they are first blanched and then sautéed in balsamic vinegar and honey, which gives them a really pleasant sweetness and a lovely flavor. Once sautéed, the Brussels sprouts are covered with buttery pastry and cooked in the oven until they're caramelized and the pastry is crispy and golden brown. The flakiness and butteriness of the pastry compliments the sweetness of the caramelized vegetables beautifully. This Tarte Tatin is gorgeous served with just a little bit of Greek style yogurt seasoned with salt, pepper and a drizzle of lemon juice. The recipe was adapted from Ebba's cuisine.

For the pastry crust:

Ingredients

200g all-purpose flour

1/2 teaspoon salt

120g cold butter, diced

2-4 tablespoons cold water

Directions

In the bowl of a food processor pulse together flour and salt until incorporated. Add butter, and pulse until mixture resembles coarse crumbs. Gradually stream cold water into the flour and pulse until the dough just comes together. First add 2 tablespoons of water and if the dough still seems a bit dry, add one tablespoon at a time until it comes together. Turn out the dough onto a clean work surface and shape into a flattened disk. Wrap in plastic, and refrigerate for 20 minutes.

For the brussels sprouts:

Ingredients

15 or more brussels sprouts (depending on the size of your pan)

1 tablespoon olive oil

pinch of salt

2 tablespoons balsamic vinegar

1 tablespoon honey

Directions

Preheat the oven to 180°C. Butter a 22cm tart or pie pan.

Wash the Brussels sprouts, slice off the rough part of the stem and pull off any yellow outer leaves. Blanch them in boiling salted water for 3 minutes, drain and cool under cold running water. Halve them lengthwise.

Heat olive oil in a sauté pan, add the Brussels sprouts and sauté for a couple of minutes. Add the balsamic vinegar, let it evaporate and then add honey. Stir together remove from heat. Arrange Brussels sprouts in the bottom of the tart pan so that the cut side is facing down. Pack them tightly and set aside.

Turn the dough out on a lightly floured work surface and roll it out into a circle larger than the tart pan. Lay the dough onto the Brussels sprouts and quickly tuck the pastry down right into the edges. It's best to use a wooden spoon or the back end of a tablespoon. Prick the dough with a fork and bake for 30-35 minutes, or until golden. Remove from oven and turn the tart onto a plate immediately.

Serve with some Greek yogurt seasoned with a little salt, pepper and a drizzle of lemon juice.