



CARAMELISED ONION & GOAT'S MILK CHEESE TARTLETS

IMPRESS YOUR GUESTS BY BRINGING OUT THIS DELICIOUS VEGGIE TARTLET MADE FROM SCRATCH. CREAMY GOAT'S MILK CHEESE AND SWEET CARAMELISED ONIONS ARE BAKED ON TOP OF THE PASTRY WITH THYME, TRUFFLE OIL AND BALSAMIC GLAZE. GOAT'S MILK CHEESE IS HEALTHIER THAN THE CHEESE MADE FROM COW'S MILK AS IT HAS LESS LACTOSE, LOWER SODIUM AND EASIER-TO-DIGEST FATS. IT ALSO CONTAINS MORE PROBIOTICS, PERFECT FOR GUT HEALTH. THESE TINY TARTS ARE A TRUE VEGETARIAN DELIGHT.

2 onions, sliced
2 Tbsp butter
2 Tbsp sugar
2 tsp chopped fresh thyme
a pinch of salt
1 x 400g packet ready rolled puff pastry
100g goat's milk cheese
9 drops white truffle oil
1 Tbsp balsamic glaze
extra thyme for garnishing

1. Preheat the oven to 180°C.
2. In a pot, gently sauté the onions in the butter for 5–7 minutes.
3. Stir in the sugar and thyme and season with salt. Continue to cook for a further 5–7 minutes until the onions have caramelised and turned golden.
4. Roll out the puff pastry and cut out circles using a 6cm or 7cm cookie cutter.
5. Grease a muffin tin and place the pastry circles into the muffin holes. Prick the pastry circles with a fork.
6. Add about 1 teaspoon of onion mixture to each muffin hole, followed by a slice of goat's milk cheese.
7. Place in the oven and bake for about 15 minutes or until the pastry has turned golden.
8. Remove and allow to cool slightly.
9. Stir the truffle oil into the balsamic glaze.
10. To serve, add 1 teaspoon of onion mixture to each tartlet, drizzle over the truffle glaze and scatter with fresh thyme.