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# What's Cookin': Getting creative with tarts

**Lori Gysel & Gerry Kentner**



Caramelized red onion and goat cheese tarts are a wonderful recipe that can be used for a variety of toppings. Once you've gotten the technique of dealing with the puff pastry and ensuring that the vegetables that you choose are well cooked, so there is no liquid left to wet the pastry, then you can really change it up.

One of my favorite variations is sautéed mushrooms and onions with shredded gruyere cheese. So follow the recipe as written, but use half onions and half mushrooms, and sub in the gruyere for the goat cheese. A friend of mine, who also happens to be an amazing cook, really likes the mushroom and onion version, but instead of goat cheese or gruyere, she

puts a thick slice of brie cheese on top. Fantastic! You can also make really tasty little pizzas with this method.

Surprisingly, the method works for sweet versions as well. Try placing some devon custard on the pastry and topping with sliced (canned) apricots or peaches. Sprinkle with sugar and bake. (You can find devon custard in a can in the grocery section or you can make your own custard from scratch).

Have fun and keep cooking!

## Caramelized Red Onion and Goat Cheese Tarts

Serves 8

### Ingredients

- 2 tbsp olive oil
- 4 cups sliced red onion
- 1 tbsp dried thyme or 4 tbsp fresh
- 2tbsp balsamic vinegar
- 2 pkgs frozen puff pastry sheets
- 1 cup crumbled goat cheese (4oz)
- 1 egg, beaten
- salt and freshly ground black pepper



Cook for another 10-15 minutes. Taste for salt and pepper. Remove from heat and let cool.

2. Unroll puff pastry and cut each sheet into 2, 5"-6" rounds. Place the pastry on a parchment lined baking sheet. Using the tip of a sharp knife, score a border, one half inch inside the edge of each round.

3. Divide the onions among the pastry rounds and top with the goat cheese. Brush the edges with beaten egg.

4. Bake in preheated 400 degree F oven 15-20 minutes until puffed and golden.

*Chef's Note - this recipe can easily be halved.*

### Method

1. Heat oil in skillet. Add onions and fry over medium-low heat until softened, stirring occasionally. Add thyme and balsamic vinegar.

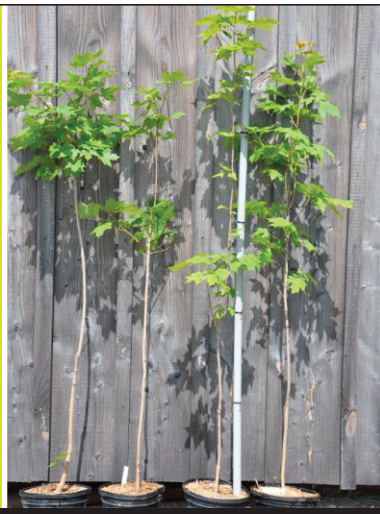
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