



PRUNE, THYME and SHALLOT TARTE TATIN

by Peter Sidwell

The festive season is the perfect opportunity to indulge in this delicious vegetarian dish! Packed with flavour, texture, and nutrients – this versatile recipe is ideal either as a starter or a main.

Prep Time: 35 - 40 minutes
Cook Time: 15 minutes
Serves: 4

Ingredients: 20ml olive oil
16 whole shallots, peeled and trimmed
1 tbsp sugar
50g butter
1 tbsp thyme leaves
25 ml balsamic vinegar
15 California Prunes
1 roll of ready-made puff pastry



Here's How:

1. Preheat the oven to 190°C/375F/gas mark 5.
2. Add the oil, butter and shallots to a heavy-based saucepan over a moderate heat.
3. Fry until the shallots begin to caramelize, turning golden brown in patches (about 6–8 minutes should do the trick).
4. Add the sugar and vinegar to the pan.
5. Continue to cook for a further 5 minutes, stirring often, lest the sugar catches and burns.
6. Add the thyme leaves to the pan, then cook for another 5–8 minutes until the shallots have a rich, deep caramel colour.
7. Add the vinegar.
8. Continue to cook the shallots over a low heat for about 20 minutes, until totally soft.



9. Remove from the heat and allow them to cool completely.
10. Add the California Prunes to the shallot mix.
11. Lay the puff pastry over the contents of the pan, cutting off any excess, but leaving enough trim to tuck snugly around the shallot mixture and the inside of the rim of the frying pan.
12. Bake in a hot oven until the pastry is crisp and golden (about 12–15 minutes).
13. With a knife, loosen any edges of the pastry from the pan while it is still hot.
14. Quickly and carefully turn the tart upside down on to a plate.
15. Serve still warm from the oven

Link to Website: <https://www.californiaprunes.net/california-prunes-recipes/prune-thyme-shallot-tarte-tatin>