

Italian tomatoes and caramelized onions tarte fine, arugula salad with a warm vinaigrette and parsley paste

Recipe for 4 persons

Description

Oven roasted tomatoes and caramelized onions tarte fine, serve with arugula salad and warm vinaigrette, shred Parmigiano and parsley paste.

Ingredients

For the tarte fine

- 1 Unit(s) Puff pastry
- 1 Unit(s) Egg
- 1 Unit(s) Red onion
- 6 Unit(s) Italian tomatoes
- 4 Sprig(s) Thyme
- 0.50 Bunch(es) Parsley

- Vegetable oil
- Salt and pepper
- Olive oil

For the salad

- 4 Handful(s) Arugula salad
- 1 Unit(s) Shallot
- 2 Unit(s) Garlic
- 15 Ml Dijon mustard
- 30 Ml White balsamic vinegar
- 250 Ml White wine

- Vegetable oil
- Salt and pepper
- Olive oil

Preparation

- Preparation time **45 mins**

For the preparations

Minced the onion, and dice finely the shallots. In a bowl, whisk the egg. Cut the tomatoes in big slices. Chop the thyme. Shred the Parmigiano.

For the parsley paste

In a big pot of boiling water deep the parsley for 1 minute, refresh it in a ice bath, and get it dry on a towel. Purée it in the blender with some olive oil, it needs to be smooth.

For the tarte fine

Brush the egg on the puff pastry. Cut 4 circles of 4 inches. Close it between two parchment paper and two baking trays. Cook it in the oven for 14 to 18 minutes, it should be cooked and golden brown.

For the roasted tomatoes

On a baking tray with a parchment paper realize 4 rows with the tomato slices, spread the thyme, salt and pepper, and a drizzle of olive oil. Cook it in the oven for 10 to 12 minutes. In a hot pan with olive oil, sear the onions until they get caramelized.

For the warm vinaigrette

In a sauce pan, mix the white wine, the white balsamic vinegar and the shallot. Bring it to boil and reduce it, until it gets as a syrup. Shut the heat off, add the olive oil, the mustard, the garlic, season and whisk it.

For the plating

Top the puff pastry with the tomatoes and the caramelized onion. Serve with the arugula mixed with the warm vinaigrette, and finish with the parsley paste and the Parmigiano.

Bon appétit!