EASY, TASTY RECIPES

GOLDEN GLAZED CARROT & MUSHROOM TART WITH CREAM CHEESE & TARRAGON

This dish is a phenomenal fusion of flavours

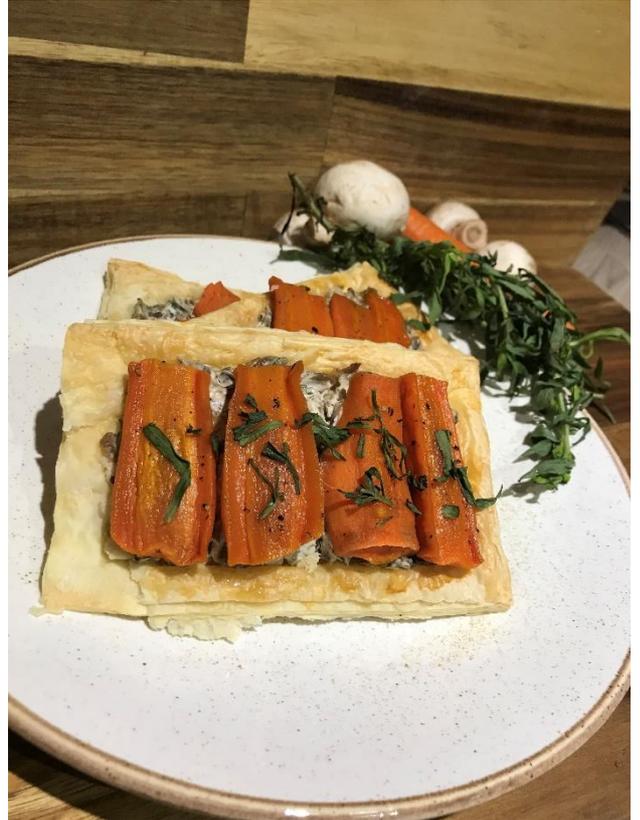## INGREDIENTS

8 portions

375g Puff Pastry sheet – 1 each
Fresh whole carrots – 335g
Oil – 5ml
Honey – 25g
Shallots – 100g
Button Mushrooms – 200g
Cream Cheese – 160g
Fresh Tarragon leaves – 8g
Seasoning
Milk, for glazing

PASTRY SHEET DIVISION

INSTRUCTIONS

1. Remove pastry sheet from the fridge and allow to soften until workable. When soft enough to work with, unroll and cut into 8 equal size rectangles. Score a 1 cm border on each rectangle, prick the centre, brush with milk and place in the oven at 180ºC on a lined baking sheet, for approximately 12 minutes until puffed up.
2. Peel and cut the carrots in half lengthways, place in a pan of boiling water for approximately 4-5 minutes until tender. Drain and pat dry. Tumble the carrots in the oil, seasoning and half of the honey, and place in the oven to roast slightly for 10 minutes.
3. Finely dice the shallots and sauté in the oil for approx. 2-3 minutes until they are totally soft, then add the finely chopped mushrooms. Continue to cook until the mushrooms are tender and mixture is dry. Spread on a tin lid and allow to cool.
4. Chop tarragon, leaving some whole leaves for garnishing.
5. When cooled, add the onions and mushroom mix to the cream cheese, chopped tarragon & seasoning, stir well until combined. Place in a piping bag.
6. When pastry has cooled push the centre of the pastry down, and pipe the mushroom mix into the centre of each case. Place the carrots across the top, drizzle with the remaining honey and some tarragon, and return to the oven at 160ºC for approx. 20-25 minutes or until a core temperature of 75ºC is reached when probed and the pastry is golden in colour.

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