

Sweet Onion Tarts

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 20 tarts

1 cup plain flour
1/4 tablespoon salt
2 1/2 ounces butter, chopped
1 tablespoon bottled green peppercorns, drained
1 egg yolk
1 teaspoon Dijon mustard
1 tablespoon olive paste
2 1/2 ounces feta cheese
SWEET ONION FILLING
2 tablespoons olive oil
3 onions, sliced
1 clove garlic, sliced
2 teaspoons sugar
2 tablespoons balsamic vinegar
3 tablespoons raisins

Cook Time:

Lightly grease twenty holes in two twelve-cup muffin tins.

In a bowl, sift the flour and 1/4 tablespoon of salt. Add the butter. Rub in with your fingertips until the mixture resembles fine breadcrumbs. Make a well in the center. Crush the peppercorns with the back of a knife and chop finely. Add to the flour with the egg yolk, mustard and up to two teaspoons of water.

Mix with a flat-bladed knife until the mixture comes together in beads. Turn onto a lightly-floured surface and press together into a ball. Wrap in plastic wrap and refrigerate for 20 minutes.

Preheat the oven to 400 degrees. Roll the dough out on a lightly floured surface to about 1/8-inch thick. Cut twenty rounds with a three-inch biscuit cutter. Place the rounds in the muffin cups and prick with a fork. Bake for 8 to 10 minutes or until golden.

For the filling: In a heavy skillet, heat the oil. Add the onion and garlic. Cook, covered, over low heat for 30 minutes or until the onion is very soft and beginning to brown. Increase the heat to medium. Add the sugar and vinegar. Cook, stirring, until most of the liquid has evaporated and the onion is glossy. Stir in the raisins.

Spread a little olive paste into the base of each pastry shell. Spoon the onion mixture over it. Crumble the feta cheese on top.

Serve warm or at room temperature.

Per Serving (excluding unknown items): 1275 Calories; 109g Fat (74.3% calories from fat); 19g Protein; 66g Carbohydrate; 7g Dietary Fiber; 431mg Cholesterol; 3254mg Sodium. Exchanges: 1 1/2 Lean Meat; 5 Vegetable; 1 1/2 Fruit; 20 1/2 Fat; 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	1275	Vitamin B6 (mg):	.8mg
% Calories from Fat:	74.3%	Vitamin B12 (mcg):	1.8mcg
% Calories from Carbohydrates:	20.0%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	5.6%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	109g	Folacin (mcg):	113mcg
Saturated Fat (g):	52g	Niacin (mg):	1mg
Monounsaturated Fat (g):	42g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	431mg	% Refused:	0.0%
Carbohydrate (g):	66g		
Dietary Fiber (g):	7g		
Protein (g):	19g		
Sodium (mg):	3254mg		
Potassium (mg):	852mg		
Calcium (mg):	490mg		
Iron (mg):	3mg		
Zinc (mg):	3mg		
Vitamin C (mg):	23mg		
Vitamin A (i.u.):	2809IU		
Vitamin A (r.e.):	724 1/2RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	1 1/2
Vegetable:	5
Fruit:	1 1/2
Non-Fat Milk:	0
Fat:	20 1/2
Other Carbohydrates:	1/2

Nutrition Facts

Amount Per Serving	
Calories 1275	Calories from Fat: 948
% Daily Values*	
Total Fat 109g	167%
Saturated Fat 52g	261%
Cholesterol 431mg	144%
Sodium 3254mg	136%
Total Carbohydrates 66g	22%
Dietary Fiber 7g	29%
Protein 19g	
Vitamin A	56%
Vitamin C	38%
Calcium	49%
Iron	16%

* Percent Daily Values are based on a 2000 calorie diet.