

Caramelized Onion Tart

Susan M. Selasky - Detroit Free Press from Chef Brian Polcyn, Cinco Lagos in Milford, MI
Palm Beach Post

Servings: 12

8 ounces Pate brisee pie dough (see NOTE)

4 tablespoons unsalted butter

4 jumbo sweet onions, peeled and thinly sliced

1 egg

1/2 cup heavy whipping cream

1/2 cup Parmesan cheese

Preheat the oven to 350 degrees.

Roll the dough out to a 1/8-inch-thick circle larger than an 11-inch tart pan. Line the pan with the dough. Place a piece of parchment on the dough and weigh down with pie weights or dried beans.

Bake until the dough is golden, about 20 minutes. Remove and cool.

In a large skillet, heat the butter over medium heat. Add the onions. Cover and cook until they are clear and soft, 15 to 20 minutes. Remove the lid and increase the heat to high. Stir constantly until the onions caramelize, turning a deep golden brown. Remove and cool.

In a small bowl, whisk together the egg, and heavy whipping cream. Mix into the onions. Pour the onion mixture into the baked tart shell. Sprinkle with the cheese.

Bake until set, about 20 minutes.

Remove from the oven and cool slightly before slicing.

To make the Pate Brisee Pie Dough:

Cut one pound of chilled butter into small pieces. Place in a bowl. Add four cups of all-purpose flour and mix until crumbly. Place one egg in a one-cup glass measure and fill the rest with water. Combine with the flour and butter until a dough forms.

Divide into four even disks. Use one for the tart. Wrap the remaining dough in plastic wrap and freeze for another use.

Per Serving (excluding unknown items): 103 Calories; 9g Fat (76.6% calories from fat); 3g Protein; 4g Carbohydrate; 1g Dietary Fiber; 44mg Cholesterol; 73mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.