

A vegan tarte tatin

Whether you're attempting Veganuary, going full vegan or just want to cut down your meat consumption and be a bit healthier in 2022, learning a few new plant-based recipes is a good place to start.

Henry Firth, who makes up half of vegan power duo BOSH!, along with pal Ian Theasby, says: "Vegan food has exploded and now it's all over the supermarkets, which is great. The problem is, that stuff can be quite an expensive way to eat, if you're buying all of it in your weekly shop."

So for their sixth cookbook – BOSH! On A Budget – the pair, wanted to showcase a collection of cheap vegan recipes.

The dishes come in at £1 or £2 a portion – and many cost far less.

And it was easy, says Ian, "because vegan food is actually very, very cheap".

This tarte tatin is a great example and a good way to use up any onions you have knocking about in the cupboard – and don't go to the trouble of making your own pastry, as the guys recommend using a ready-made sheet from the supermarket.



VEGAN CHEESE AND ONION TARTE TATIN

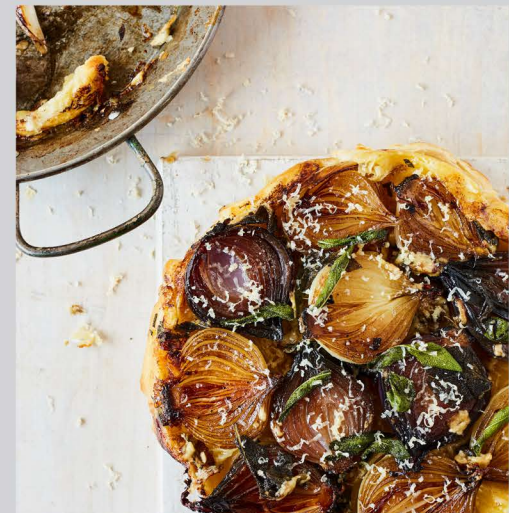
INGREDIENTS

(Serves eight as a starter or four as a main)

- 7 mixed red and white onions (about 500-600g)
- 3tbsp vegetable oil
- 1tbsp dairy-free butter
- 10 sage leaves
- 1tbsp sugar
- 2-3tbsp balsamic vinegar
- 20g smoked dairy-free Cheddar
- 1 x 375g sheet ready rolled dairy-free puff pastry
- Salt and black pepper

METHOD

- 1 Preheat the oven to 200°C. Put a 24 centimetre deep ovenproof frying pan with a lid over a medium-low heat. Make sure you have a board or plate that will fit tightly over the pan.
- 2 Cook the onions: peel and halve the onions. Add the oil, dairy-free butter and the sage leaves to the hot pan. After a couple of minutes, pour off a little of the sage butter into a small bowl and set the crispy sage leaves aside on a sheet of kitchen paper. Add the onion halves to the pan, cut-sides down. Season generously with salt and pepper, sprinkle the sugar over the onions and drizzle over one tablespoon of the balsamic vinegar. Turn down the heat, cover the pan and cook for 15 minutes. Finely grate the cheddar.
- 3 Build the tart: unroll the pastry and cut it in half widthways to make fitting the pastry into the



pan easier. Take the lid off the pan and scatter half the cheese over the onions. Drape the two pieces of pastry over the top to cover the onions (they will overlap in the middle)

- 4 Carefully tuck the pastry in around the onions, being careful not to burn your fingers on the side of the pan. Prick the pastry all over with a fork and brush the top with the reserved sage butter. Transfer the pan to the hot oven to bake for 25 minutes, until golden brown and puffed up.

- 5 Serve: remove the pan from the oven. Lay the board or plate over the pan then carefully flip it over to tip out the tart. Drizzle over the remaining balsamic vinegar, reserved cheese and the fried sage leaves. Slice and serve with a simple green salad.