



JOYA® APPLE TARTLETS

Makes 12 tartlets



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INGREDIENTS:

Caramelised onions

- 10 ml (2 tsp) olive or avocado oil
- 2 medium onions, halved and thinly sliced
- 2,5 ml (½ tsp) dried thyme
- 25 ml (5 tsp) balsamic vinegar
- 25 ml (5 tsp) soft brown sugar
- 10 ml (2 tsp) fresh thyme leaves
- salt and pepper to taste

Tartlets

- 45 ml (3 tbsp) olive or avocado oil
- 3 phyllo pastry sheets
- about 50 g blue cheese, crumbled
- 1-2 JOYA® Apples in the skin, quartered and thinly sliced
- extra fresh thyme leaves
- toasted sesame seeds (see tip)

METHOD:

1. Caramelised onions: Heat oil over a medium heat in a large frying pan and sauté onions with the dried thyme until the onions begin to brown (about 10-15 minutes).
2. Add the vinegar, sugar and fresh thyme and sauté for a few more minutes or until caramelised. Remove from the heat and allow to cool.
3. Tartlets: Preheat the oven to 200 °C. Lightly grease 12 hollows of a muffin pan with oil.
4. Place one sheet of phyllo pastry on a clean work surface and brush one side with oil. Place a second phyllo sheet on top and brush with oil. Repeat with the last sheet.
5. Cut the phyllo into 12 squares. Line each muffin pan hollow with a pastry square. Bake for 10-12 minutes or until golden brown. Allow to cool in the pan before removing carefully.
6. Fill the phyllo shells with caramelised onions and top with blue cheese and apple. Sprinkle with fresh thyme and sesame seeds. Serve at room temperature at a lazy picnic.

Tips

1. To toast sesame seeds: place in a dry frying pan over a medium heat. Toast for a few minutes, tossing the pan every now and then, until the sesame seeds are golden brown. Take care as they can burn quite quickly.
2. Leftover phyllo can be kept in the fridge for a few days and used for any other pie or pastry base.

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