

Fennel and shallot upside-down tart
with Shropshire blue cheese,
rockets on the side with Ludlow honey
and rapeseed oil dressing



PUNK CHEF
ON THE ROAD



Ingredients

Upside-down tart

300g pack of puff pastry

Rapeseed oil for frying

3 banana shallots, skin removed, halved

4 baby fennels, halved

2 sprigs of thyme

30g unsalted butter

2 tbsp local Ludlow honey

1 tbsp cider vinegar

1 tsp fennel seeds

100g Shropshire blue cheese

Salad

100g rocket
1 tbsp local honey
½ tbsp grainy mustard
Juice of ½ lemon
3 tbsp rapeseed oil

Method

Pre-heat oven to 180°C. Fry off the shallots, thyme and fennel in a oven proof, 9-10 inch heavy based frying pan until soft and browned. Add butter, honey and cider vinegar to the pan and allow to caramelize.

Add blue cheese. Roll out pastry to a 4mm thickness and cut out a 28cm circle so you have extra pastry to tuck into the pan.

Put the pastry on top of the ingredients in the pan. Tuck the pastry around the pan so it holds the fennel and shallots inside; pierce the pastry a few times with a small knife. Bake for 20 minutes or until the pastry is crispy and golden brown.

Meanwhile, combine salad ingredients.

Remove pan from the oven and carefully invert the tart onto a clear plate, so the pastry is on the bottom. Top with the rocket salad.