### Angela’s Group

#### Individual Beetroot Tartlets

- **Season:** All year
- **Type:** luncheon
- **Difficulty:** Medium
- **Recipe Source:** taste
- **Fresh from the garden:** beetroot, egg, rocket, walnuts

#### Equipment:
- Baking tray
- Baking paper
- Pastry brush
- Knives
- Chopping board
- Vegetable peeler
- Spoon measure
- Cup measures
- Scone cutter
- Saucepan
- Frypan
- Strainer
- Wooden spoon
- Scales

#### Ingredients
- 2 sheets frozen puff pastry, partially thawed
- 1 egg yolk
- 3 medium beetroot
- 3 x 5cm long pieces lemon rind
- 2 tablespoons olive oil
- 1 cinnamon stick
- 1/4 cup balsamic vinegar
- 1/2 teaspoon sea salt
- 2 tablespoons caster sugar
- 70g baby rocket
- 2 tablespoons white balsamic vinegar
- 1/3 cup walnuts, toasted, chopped
- 150g goat’s cheese

#### What to do:
- Preheat oven to 220°C.
- Line a baking tray with baking paper.
- Using a scone cutter, cut 9 rounds from each pastry sheet.
- Place pastry on prepared tray.
- Combine egg yolk and 2 teaspoons cold water in a bowl.
- Brush pastry with egg yolk mixture.
- Bake for 10 minutes or until golden and puffed.
- Meanwhile, peel each beetroot.
- Cut into batons (sticks)
- Bring a medium saucepan of water to the boil over high heat.
- Add lemon rind and beetroot.
- Cook for 6 minutes or until beetroot is almost tender. Drain. Discard lemon rind.
- Heat half the oil in a frying pan over medium heat.
- Add beetroot.
- Cook, gently stirring, for 2 to 4 minutes.
- Add cinnamon stick, balsamic vinegar, salt and sugar.
- Cook, stirring, for 10 minutes or until beetroot is caramelised and tender.
- Place rocket, white balsamic vinegar, walnuts and remaining oil in a bowl.
- Toss to combine.
- Gently press centre of each pastry round to make an indent.
- Top each pastry round with beetroot mixture.
- Sprinkle with goat’s cheese.
- Transfer to plates and season with salt and pepper.
- Top with rocket mixture. Serve.