



# Greenmarket Recipe Series

## Caramelized Winter Vegetable Tart

Recipe by Afsana Liza x Union Square Greenmarket  
@Afsana

### INGREDIENTS

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| *2 medium sweet potatoes, peeled             | 1/3 cup white granulated sugar                                    |
| *4 medium carrots, peeled                    | 2 tablespoons water, room temperature                             |
| *4 medium parsnips, peeled                   | *1 tablespoon unsalted butter                                     |
| *1 sm red onion or 2 medium shallots, peeled | 1 tablespoon white wine vinegar                                   |
| *6 large garlic cloves, peeled               | ½ teaspoon kosher salt  |
| 4tablespoons olive oil                       | ¼ teaspoon ground black pepper                                    |
| *½ teaspoon paprika                          | *2tablespoonsfresh rosemary, chopped                              |
| kosher salt, to taste                        | *4 ounces fresh goat cheese, plain or herbed                      |
| black pepper, to taste                       | 1 sheet puff pastry, de-frosted, and rolled out to 9-by-13-inches |

*\*Ingredients available seasonally at your local Greenmarket*

### RECIPE (serves 8-10)

1. Preheat oven to 400°F. Slice the sweet potatoes, carrots, parsnips, onions, and garlic into half-inch thick rounds. Toss with olive oil and paprika, and add kosher salt and black pepper to taste. Arrange vegetables on a baking tray, and roast for 25-35minutes, until golden brown and caramelized. Set aside to cool.
2. While the vegetables are cooling, combine sugar, water, and butter in a small saucepan. Over medium heat, bring the sugar, water, and butter to a boil. Cook the caramel for about 7 minutes, swirling the pan occasionally, until it is nearly amber colored. Remove from heat.
3. Add the white wine vinegar, ½teaspoon of kosher salt, and some black pepper. It will sputter a bit –quickly stir together with a silicone spatula, and pour the caramel, while it’s still hot, onto

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a 9-by-13-inch glass baking dish. Be careful not to touch the caramel while it's hot. Spread evenly with the spatula, and evenly garnish with rosemary leaves. Let cool for a couple of minutes.

4. Arrange the roasted vegetables, in a single layer, on top of the caramel making sure to fill in all of the gaps. Crumble goat cheese over the vegetables, and lay puff pastry sheet on top. Prick puff pastry all over with a fork. Bake in a 400°F oven for 20 minutes, and then reduce the oven temperature to 350°F. Continue to bake for an additional 15-20 minutes until the caramel is bubbling and the puff pastry is golden brown.
5. Cool the tart in the pan for 5-10 minutes before running a knife along the edges of the puff pastry to release the tart from the sides of the pan. Using a flat plate or cutting board, carefully invert the tart. Serve warm.



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