

# PUMPKIN PISSALADIÈRE WITH CARAMELISED RED ONIONS



# FOOD SERVICE



Variation on the classic French savoury, which is believed to be the original pizza. Traditionally topped with slowly-cooked onions, latticed with anchovies and studded with black olives, pissaladière has been enjoyed for hundreds of years in Nice. This version is a vegetarian variation.

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# PUMPKIN PISSALADIÈRE WITH CARAMELISED RED ONIONS



**CARAMELISED RED ONIONS - MAKES 3KGS**

## INGREDIENTS

		Approx Unit Price	Approx Ingredient Cost
3kg	red onions, peeled and finely sliced	2.20000	\$6.60
200ml	vegetable oil	0.00384	\$0.77
120g	<b>Chelsea Soft Brown Sugar</b>	0.00277	\$0.33
120ml	balsamic vinegar	0.00720	\$0.86

## METHOD

Heat oil in large pot. Sauté onions until softened, but not browned. Add sugar and vinegar and reduce until syrupy.

<b>TOTAL COST</b>	<b>\$8.56</b>
<b>COST PER KILO</b>	<b>\$2.85</b>

**PUMPKIN PISSALADIÈRE - SERVES 12**

## INGREDIENTS

		Approx Unit Price	Approx Ingredient Cost
1kg	pre-made puff pastry	9.67000	\$9.67
1kg	caramalised red onions	2.75667	\$2.76
1kg	pumpkin, diced 1 cm	2.95000	\$2.95
500g	crumbled feta or goats cheese	0.01322	\$6.61
10g	fresh thyme leaves	0.04200	\$0.42

## METHOD

Preheat oven to 200°C. Roll out puff pastry and line a large baking sheet with it. Spread cool onion mixture over base. Sprinkle over diced pumpkin and drizzle with olive oil. Season well. Bake in hot oven for 15 minutes, until pastry starts to become golden and pumpkin is tender. Sprinkle over crumbled cheese and thyme and bake a further 5 minutes.

## RECIPE VARIATIONS

### Traditional Pissaladière from the South East of France

Anchovy fillets in olive oil (drained), whole black pitted olives.

Spread caramelised onions on to puff pastry base. Arrange anchovy fillets in a lattice pattern across the surface of tart. Dot olives all over tart and bake 20 minutes until pastry is golden.

### Tomato & Mozzarella Tart

Ripe tomatoes (halved horizontally), buffalo mozzarella, fresh basil leaves.

Arrange tomato halves on baking sheet and drizzle with olive oil, season and slow-roast in a low oven until semi-dried. Spread caramelised onions on to puff pastry base and bake for around 15 minutes, until pastry is beginning to colour. Arrange tomatoes over the onions and rip pieces of mozzarella over the top. Drizzle with a little extra virgin olive oil. Return to oven for another 5-10 minutes, until pastry is golden brown. Scatter over torn basil leaves.

### Ratatouille Pissaladière

Red peppers/courgettes/aubergines/whole garlic cloves (roasted in olive oil until tender and golden).

Arrange roasted ratatouille vegetables and garlic over the top of the onions and drizzle with extra virgin olive oil. Bake in hot oven for 20 minutes, until pastry is golden and vegetables are caramelised. Finish with chopped flat-leaf parsley.

<b>TOTAL COST</b>	<b>\$22.50</b>
<b>COST PER PORTION</b>	<b>\$1.88</b>
<b>GROSS PROFIT %</b>	<b>70%</b>
<b>SALES TAX</b>	<b>15%</b>

<b>MIN. SELLING PRICE</b> (per portion)	<b>\$7.19</b>
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Costs based on average wholesale prices at July 2010

## PROFIT

- Cost per slice approx \$1.88+GST, suggest a selling price of \$7.19 to get 70% gross profit.

## NUTRITION

- Contains gluten, dairy and eggs.

## SERVICE

- Makes a fantastic light starter, or good light lunch served with a green salad.
- Great for café food cabinets.
- Can be cooked to order in 20 minutes, or will hold for 2-3 days in chiller for reheating.
- Can be served at room temperature.
- Make miniature versions for canapés.
- Makes a good side for pan-fried white or oily fish (skin-on preferably). Finish with a dollop of aioli, or a light butter sauce.