

Slow roasted root vegetable tian

Takes 3 hours, serves 4 and uses a ceramic roasting dish

INGREDIENTS

1kg red onions, sliced
4 tablespoons olive oil
1 teaspoon salt

500g peeled sweet potato, sliced 5mm thick
500g peeled parsnips, sliced 5mm thick
500g peeled raw beetroot, sliced 5mm thick
2 large sprigs of rosemary, leaves only
10 sprigs of thyme, leaves only
2 tablespoons olive oil
Salt and pepper

DIRECTIONS

Heat 4 tablespoons of olive oil in a large frying pan over a medium heat. Add the sliced onions and salt and cook for approximately 1 hour, stirring occasionally, until they have cooked down to a dark, soft, sweet, sticky mass. If at any point you see the onions catching and browning at all, turn the heat down a bit, this should be a long, slow process.

Pre-heat the oven to gas mark 4, 350°C, 177°C, 157°C fan.

Put all of the potato, parsnip and beetroot in a large bowl with the rosemary, thyme, olive oil and some salt and pepper. Mix well until all well coated.

In a ceramic roasting dish, spread the onions evenly over the bottom of the pan. Next, create rows of the root vegetables standing up in the dish, so place a row of sweet potato, then a row of parsnips, then a row of beetroot. Repeat until you have filled the dish up. Cover with foil and place in the oven for 1 hour. Remove the foil, turn the oven up to gas mark 5, 375°C, 191°C, 171°C fan and cook for a further hour.

