



Almond-Crusted Fig Tart: Crostata di Fichi Mandorlati

 Vegetarian

READY IN



95 min.

SERVINGS



8

CALORIES



486 kcal

DESSERT

Ingredients

- ☐ 1 large bay leaf
- ☐ 0.5 cup blanched almonds and lightly toasted
- ☐ 12 blanched almonds and whole lightly toasted
- ☐ 8 servings butter for tart tin
- ☐ 0.5 cup confectioners' sugar
- ☐ 1 tablespoon confectioners' sugar
- ☐ 2 tablespoons brown sugar dark

- ☐ 1 large eggs slightly beaten
- ☐ 1 large eggs with 1 tablespoon cold water lightly beaten
- ☐ 1 teaspoon fennel seeds crushed
- ☐ 2 teaspoons fennel seeds
- ☐ 12 figs green black
- ☐ 1 cup flour all-purpose as needed plus more,
- ☐ 1.5 cups heavy cream
- ☐ 0.5 teaspoon sea salt fine
- ☐ 6 tablespoons butter sweet very cold cut into small cubes
- ☐ 1 teaspoon aniseeds crushed
- ☐ 2 teaspoons aniseeds
- ☐ 1 teaspoon aniseeds crushed
- ☐ 2 teaspoons aniseeds

Equipment

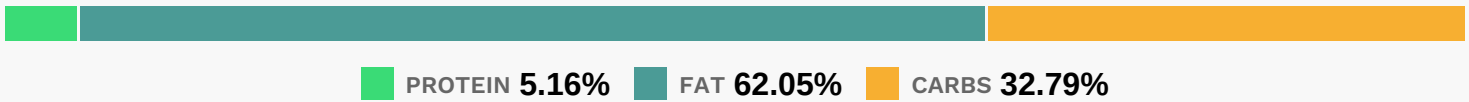
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ tart form

Directions

- ☐ In the bowl of a food processor, pulse the almonds with the fennel and aniseeds, until course crumbs form.
- ☐ Add 1 cup flour, 6 tablespoons butter, sugar, and salt and pulse 10 to 12 times to create the texture of coarse crumbs.

- ☐ Add the egg mixture and pulse 8 to 10 times, just until the pastry begins to come together.
- ☐ Butter a 10-inch tart pan with a removable bottom.
- ☐ Turn the mixture out onto a lightly floured board and form into a ball. Flatten the ball and press the dough into the tart pan, covering the bottom and sides. Cover with plastic wrap and freeze 30 minutes.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Prick the surface of the pastry with a fork and bake 12 to 14 minutes, or until firm and pale gold. Cool thoroughly.
- ☐ Preheat the oven to 375 degrees F.
- ☐ In a medium saucepan, combine the cream, bay leaf, aniseeds, and fennel seeds over high heat and bring to a simmer. Lower the heat and let the cream infuse and reduce by 1/2.
- ☐ Remove the pan from the flame, cover and set aside to cool.
- ☐ Whisk the cream, egg, and confectioners' sugar into a small bowl, blending carefully.
- ☐ Starting at the base, slit each fig almost in half, leaving stem end intact. Stuff each fig with an almond, press the halves together, and stand each fig up in the pastry shell.
- ☐ Pour the custard around the figs. Dust the top with brown sugar and bake for 25 minutes, or until the custard is set and the filling is dark gold. Cool for 10 minutes, then remove the sides of the pan, and cool 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:16.09, Inflammation Score:-7, Nutrition Score:10.424782556036%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 486.21kcal (24.31%), Fat: 34.66g (53.32%), Saturated Fat: 18.87g (117.92%), Carbohydrates: 41.21g (13.74%), Net Carbohydrates: 37.39g (13.6%), Sugar: 25.26g (28.06%), Cholesterol: 107mg (35.67%), Sodium: 270.56mg

(11.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Vitamin A: 1186.02IU (23.72%), Manganese: 0.43mg (21.41%), Vitamin E: 3.14mg (20.93%), Vitamin B2: 0.3mg (17.82%), Fiber: 3.82g (15.28%), Vitamin B1: 0.2mg (13.38%), Selenium: 9.25µg (13.21%), Magnesium: 48.53mg (12.13%), Phosphorus: 117.93mg (11.79%), Folate: 42.9µg (10.72%), Calcium: 99.06mg (9.91%), Copper: 0.19mg (9.53%), Potassium: 323.79mg (9.25%), Iron: 1.64mg (9.1%), Vitamin B3: 1.64mg (8.19%), Vitamin B6: 0.13mg (6.7%), Vitamin K: 6.1µg (5.81%), Vitamin D: 0.84µg (5.59%), Vitamin B5: 0.55mg (5.53%), Zinc: 0.73mg (4.87%), Vitamin B12: 0.15µg (2.56%), Vitamin C: 1.93mg (2.34%)