



Apricot, Almond and Brown Butter Tart

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



278 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract pure
- ☐ 1.8 cups confectioners' sugar
- ☐ 10 ounces apricots dried
- ☐ 2 cups cooking wine dry white
- ☐ 4 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 2 cups flour for dusting all-purpose plus more
- ☐ 5 tablespoons ice water

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 0.8 cup slivered almonds
- ☐ 1 tablespoon sugar
- ☐ 15 servings whipped cream sweetened for serving
- ☐ 1 butter unsalted
- ☐ 1 vanilla bean—halved lengthwise
- ☐ 0.3 teaspoon vanilla extract pure

Equipment

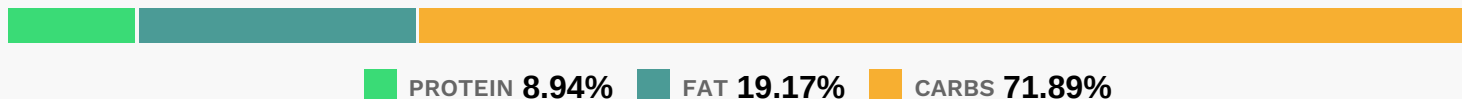
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Make the Tart Shell: In a food processor, pulse the flour with the sugar and salt.
- ☐ Add the butter and pulse until the mixture resembles a coarse meal.
- ☐ Add the ice water and vanilla extract and pulse just until the dough comes together.
- ☐ Transfer the dough to a lightly floured work surface; flatten it into a disk. Wrap the disk in plastic and refrigerate for 1 hour, until firm.
- ☐ Preheat the oven to 35
- ☐ On a lightly floured work surface, roll out the dough to a 15-inch round, 1/4 inch thick.
- ☐ Transfer the round to a 12-inch fluted tart pan with a removable bottom; gently press it over the bottom and up the side. Trim any excess. Refrigerate the tart shell for at least 20 minutes, until firm.

- ☐ Line the tart shell with foil and fill with dried beans or pie weights.
- ☐ Bake for about 50 minutes, until the shell starts to brown around the edges.
- ☐ Remove the foil and weights and bake for about 25 minutes longer, until the shell is cooked through.
- ☐ Transfer to a rack and let cool. Lower the oven temperature to 32
- ☐ Spread the slivered almonds on a large rimmed baking sheet. Toast in the oven for about 6 minutes, until lightly browned.
- ☐ Let cool.
- ☐ Meanwhile, in a medium nonreactive saucepan, bring the wine to a boil.
- ☐ Add the apricots, cover and simmer over moderate heat until plumped, about 10 minutes.
- ☐ Remove from the heat.
- ☐ In a small skillet, cook the butter with the vanilla bean seeds over moderate heat until browned, about 4 minutes.
- ☐ In a food processor, pulse the toasted almonds with the confectioners' sugar, flour and salt until finely ground.
- ☐ Add the eggs and pulse until just combined.
- ☐ Add the browned butter and the almond extract and pulse until smooth.
- ☐ Drain the apricots and pat dry.
- ☐ Pour the almond filling into the tart shell. Nestle the apricots into the filling in concentric circles.
- ☐ Bake the tart for about 50 minutes, until the filling is golden brown and set.
- ☐ Transfer to a rack to cool.
- ☐ Cut into wedges and serve warm or at room temperature, dolloped with sweetened whipped cream.

Nutrition Facts



Properties

Glycemic Index:22.23, Glycemic Load:17.29, Inflammation Score:-6, Nutrition Score:8.6434782840635%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 277.85kcal (13.89%), Fat: 5.57g (8.57%), Saturated Fat: 1.48g (9.22%), Carbohydrates: 47.02g (15.67%), Net Carbohydrates: 44.35g (16.13%), Sugar: 25.73g (28.59%), Cholesterol: 48.35mg (16.12%), Sodium: 254.25mg (11.05%), Alcohol: 3.34g (100%), Alcohol %: 3.59% (100%), Protein: 5.85g (11.69%), Manganese: 0.37mg (18.32%), Selenium: 12.21µg (17.45%), Vitamin E: 2.38mg (15.85%), Vitamin A: 787.32IU (15.75%), Vitamin B2: 0.25mg (14.94%), Vitamin B1: 0.2mg (13.49%), Folate: 52.22µg (13.06%), Iron: 2.07mg (11.51%), Fiber: 2.67g (10.69%), Vitamin B3: 2.09mg (10.43%), Phosphorus: 98.5mg (9.85%), Potassium: 331.63mg (9.48%), Copper: 0.17mg (8.29%), Magnesium: 31.01mg (7.75%), Calcium: 44.34mg (4.43%), Vitamin B5: 0.44mg (4.36%), Vitamin B6: 0.08mg (4.15%), Zinc: 0.62mg (4.12%), Vitamin B12: 0.12µg (2.03%), Vitamin D: 0.26µg (1.73%)