



Apricot-and-Blueberry Tart

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



158 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons almond paste
- ☐ 2.8 pounds apricots pitted quartered
- ☐ 0.8 pound blueberries
- ☐ 2 tablespoons cornstarch
- ☐ 1 eggs lightly beaten
- ☐ 2 eggs
- ☐ 15 servings flour all-purpose
- ☐ 0.3 cup milk

- ☐ 1.3 cups milk
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.3 cup sugar
- ☐ 1 butter unsalted softened
- ☐ 0.3 vanilla pod split

Equipment

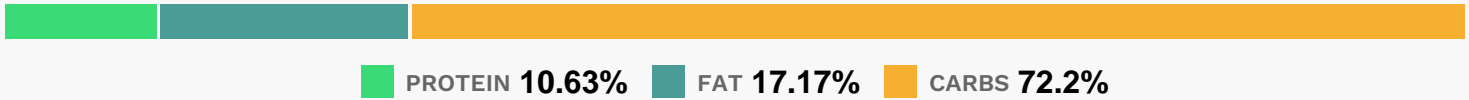
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Make the Tart Shell: In a standing mixer fitted with the paddle, blend the almond paste, sugar and salt with 3 tablespoons of the butter at medium speed until smooth. Beat in the remaining butter.
- ☐ Add 2 cups of flour and beat at low speed until just combined, then beat in the egg and milk. Scrape the dough onto a piece of plastic wrap and flatten into a disk. Wrap tightly and refrigerate for 2 hours, until very firm.
- ☐ Preheat the oven to 35
- ☐ On a lightly floured work surface, roll out the dough to a 14-inch round, 1/4 inch thick; transfer to a 12-inch fluted tart pan with a removable bottom, pressing over the bottom and up the side without stretching. Trim any excess dough. Freeze the shell for 15 minutes.
- ☐ Line the shell with foil and fill with pie weights or dried beans.
- ☐ Bake for 35 minutes, until the pastry is firm and starting to color.

- ☐ Remove the foil and weights and bake the shell for another 20 minutes, until golden and cooked through. If the rim starts to brown too quickly, cover with foil.
- ☐ Transfer the tart shell to a rack; let cool.
- ☐ Meanwhile, Make the Filling: In a medium saucepan, combine the milk with the vanilla bean and seeds and half of the sugar. Bring to a simmer over moderate heat, stirring.
- ☐ Remove from the heat.
- ☐ Remove the vanilla bean and reserve for another use.
- ☐ Fill a large bowl with ice water. In a medium heatproof bowl, whisk the eggs with the cornstarch and the remaining sugar until smooth. Gradually whisk in half of the hot milk.
- ☐ Pour the mixture into the saucepan and bring to a boil over moderate heat, whisking constantly, until the pastry cream is thickened, 3 minutes; scrape into a stainless steel bowl. Set the bowl in the ice bath and let stand, stirring often, until the pastry cream has cooled completely.
- ☐ Spread the pastry cream in the shell in an even layer. Arrange the apricot quarters in four concentric circles, leaving a 1-inch gap between the second and third circles and a 2-inch round in the center of the tart. Fill in the spaces with the blueberries.
- ☐ Bake the tart for 50 minutes, until the apricots are tender.
- ☐ Let cool slightly. Unmold the tart, cut into wedges and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:24.86, Glycemic Load:14.3, Inflammation Score:-8, Nutrition Score:7.9339130546736%

Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg Petunidin: 7.15mg, Petunidin: 7.15mg, Petunidin: 7.15mg, Petunidin: 7.15mg Delphinidin: 8.04mg, Delphinidin: 8.04mg, Delphinidin: 8.04mg, Delphinidin: 8.04mg Malvidin: 15.33mg, Malvidin: 15.33mg, Malvidin: 15.33mg, Malvidin: 15.33mg Peonidin: 4.6mg, Peonidin: 4.6mg, Peonidin: 4.6mg, Peonidin: 4.6mg Catechin: 4.25mg, Catechin: 4.25mg, Catechin: 4.25mg, Catechin: 4.25mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.08mg, Epicatechin: 4.08mg, Epicatechin: 4.08mg, Epicatechin: 4.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.1mg

Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg,
Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 158.33kcal (7.92%), Fat: 3.16g (4.85%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 29.84g (9.95%), Net Carbohydrates: 27.27g (9.92%), Sugar: 20.22g (22.47%), Cholesterol: 36.13mg (12.04%), Sodium: 101.99mg (4.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.79%), Vitamin A: 1706.99IU (34.14%), Vitamin C: 10.52mg (12.75%), Manganese: 0.22mg (11.17%), Fiber: 2.57g (10.29%), Vitamin B2: 0.17mg (10.12%), Vitamin E: 1.41mg (9.42%), Potassium: 303.95mg (8.68%), Selenium: 6.08µg (8.68%), Phosphorus: 83.16mg (8.32%), Vitamin B1: 0.11mg (7.57%), Folate: 29.04µg (7.26%), Vitamin K: 7.26µg (6.91%), Calcium: 57.24mg (5.72%), Vitamin B3: 1.12mg (5.59%), Copper: 0.11mg (5.54%), Iron: 0.95mg (5.28%), Vitamin B5: 0.5mg (5%), Magnesium: 19.83mg (4.96%), Vitamin B6: 0.09mg (4.63%), Vitamin B12: 0.22µg (3.75%), Zinc: 0.53mg (3.53%), Vitamin D: 0.48µg (3.17%)