

# Apricot-Anise Tarts

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



151 kcal

DESSERT

## Ingredients

- 1.3 teaspoons almond extract divided
- 1.5 teaspoons aniseed whole
- 0.5 cup apricot preserves
- 9 ounces apricots dried
- 1 large eggs
- 20 servings dough sweet
- 1 cup cup heavy whipping cream chilled
- 0.8 cup sugar divided

## Equipment

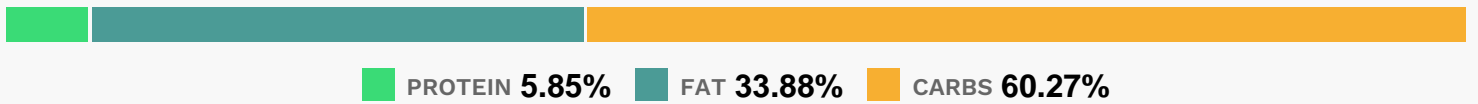
- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- wire rack
- hand mixer
- aluminum foil

## Directions

- Combine apricots and 2 cups water in a large heavy saucepan. Bring to a boil, reduce heat to medium, and simmer, stirring and mashing apricots occasionally, until fruit is very soft and broken down and most of liquid is evaporated, about 15 minutes.
- Add 1/2 cup sugar; stir until dissolved.
- Remove from heat and stir in preserves and 1 teaspoon almond extract.
- Let cool completely. DO AHEAD: Can be made 3 days ahead. Cover and chill.
- Follow directions for Master
- Sweet Dough, adding anise seeds as directed.
- Punch down dough; divide in half.
- Place half of dough in the center of a 12"-square piece of parchment paper. Using your fingertips, shape dough into a 9" round. Slide dough on parchment paper onto one end of a large baking sheet. Repeat with remaining dough on another piece of parchment; transfer to other end of baking sheet. Divide apricot mixture between rounds, leaving a 3/4" plain border.
- Loosely cover tarts with plastic wrap or a kitchen towel and let rise in a warm, draft-free area until puffed but not doubled in size, 45–50 minutes.
- Meanwhile, arrange a rack in middle of oven; preheat to 375°F. Beat egg with 2 teaspoons warm water in a small bowl.
- Brush border of dough with egg wash.

- Bake tarts until crusts are golden, 25–30 minutes.
- Transfer to a wire rack. DO AHEAD: Tarts can be baked 1 day ahead.
- Let cool completely. Wrap in foil and store at room temperature. Reheat in a 350°F oven until warm, 10–15 minutes. Alternatively, freeze in a resealable freezer bag for up to 1 month. Thaw before reheating.
- Dust hot tarts with powdered sugar.
- Let cool slightly. Using an electric mixer, beat cream, remaining 1/4 cup sugar, and remaining 1/4 teaspoon almond extract in a medium bowl until soft peaks form.
- Serve tarts warm or at room temperature with almond whipped cream.

## Nutrition Facts



### Properties

Glycemic Index: 7.74, Glycemic Load: 9.38, Inflammation Score: -4, Nutrition Score: 3.2221739007079%

### Flavonoids

Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

### Nutrients (% of daily need)

Calories: 151.38kcal (7.57%), Fat: 5.78g (8.9%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 23.15g (7.72%), Net Carbohydrates: 22.5g (8.18%), Sugar: 11.65g (12.95%), Cholesterol: 22.75mg (7.58%), Sodium: 101.15mg (4.4%), Alcohol: 0.09g (100%), Alcohol %: 0.18% (100%), Protein: 2.25g (4.5%), Vitamin A: 446.73IU (8.93%), Selenium: 5.74µg (8.19%), Vitamin B1: 0.11mg (7.37%), Vitamin B2: 0.11mg (6.3%), Manganese: 0.11mg (5.39%), Folate: 19.59µg (4.9%), Iron: 0.8mg (4.47%), Vitamin B3: 0.87mg (4.34%), Phosphorus: 29.89mg (2.99%), Fiber: 0.66g (2.62%), Vitamin C: 1.9mg (2.3%), Copper: 0.04mg (2.01%), Potassium: 69.09mg (1.97%), Vitamin E: 0.27mg (1.81%), Vitamin D: 0.24µg (1.6%), Vitamin B5: 0.16mg (1.59%), Calcium: 15.26mg (1.53%), Magnesium: 5.78mg (1.45%), Zinc: 0.19mg (1.28%), Vitamin K: 1.28µg (1.22%), Vitamin B6: 0.02mg (1.16%)