



## Apricot crème brûlée tart

 Vegetarian

READY IN



180 min.

SERVINGS



10

CALORIES



452 kcal

DESSERT

### Ingredients

- ☐ 140 g butter
- ☐ 100 g brown sugar
- ☐ 250 g flour plain
- ☐ 25 g almond flour
- ☐ 1 eggs beaten
- ☐ 250 g apricots dried
- ☐ 175 ml vin santo sweet such as sauternes (one small glass)
- ☐ 100 g brown sugar to top brûlée

- ☐ 1 vanilla pod split
- ☐ 284 ml double cream
- ☐ 4 eggs

## Equipment

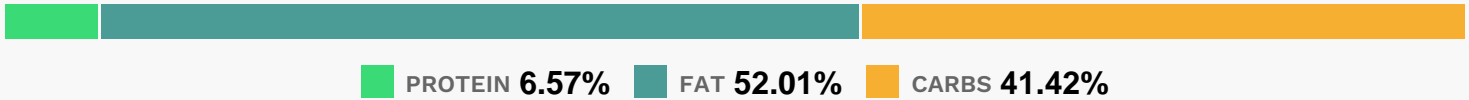
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blow torch
- ☐ aluminum foil

## Directions

- ☐ For the pastry, beat the butter and sugar together until pale, mix in flour and almonds then stir in the egg until the pastry just comes together. Shape into a ball, wrap in cling film and chill for at least 30 mins.
- ☐ While the pastry is chilling, make the filling. Tip the apricots into a bowl. Bring the wine and the sugar to a rolling boil, then pour over the apricots and leave to steep in the liquid. In the same saucepan (there's no need to wash it) bring the vanilla and cream to the boil. Turn off the heat and leave the cream to infuse.
- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Roll the pastry to fit a 23cm fluted tart tin and leave it to chill in the freezer for 10 mins. Line the tart case with foil or greaseproof paper and fill the tart with baking beans.
- ☐ Bake the tart for 20 mins until the edges become biscuity, then remove the beans and foil or greaseproof paper and cook for a few more mins until the base starts to brown.
- ☐ Remove the tart from the oven and lower the heat to 160C/fan 140C/gas
- ☐ While the tart case is cooking, whisk the eggs in a large bowl. Strain the vanilla cream over the eggs and whisk, then drain the apricots and mix the liquid in with the vanilla cream and the eggs to make a custard. Pull the apricots apart and press them sticky side down into the tart case.
- ☐ Pour the custard over the apricots and bake for about 20–30 mins until the filling is just set.

Remove the tart from the oven and leave to cool. To serve, scatter the remaining sugar over the tart and blast with a blowtorch to caramelise it, leave it to harden for a minute and cut into slices and serve. As there are so many lovely flavours in the tart already it needs no accompaniment

## Nutrition Facts



### Properties

Glycemic Index:16.67, Glycemic Load:14.75, Inflammation Score:-7, Nutrition Score:8.8443478501361%

### Flavonoids

Petunidin: 1.18mg, Petunidin: 1.18mg, Petunidin: 1.18mg, Petunidin: 1.18mg Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg Malvidin: 16.83mg, Malvidin: 16.83mg, Malvidin: 16.83mg, Malvidin: 16.83mg Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

### Nutrients (% of daily need)

Calories: 451.68kcal (22.58%), Fat: 25.41g (39.1%), Saturated Fat: 14.59g (91.18%), Carbohydrates: 45.54g (15.18%), Net Carbohydrates: 44.1g (16.04%), Sugar: 24.17g (26.86%), Cholesterol: 144.22mg (48.07%), Sodium: 136.92mg (5.95%), Alcohol: 2.72g (100%), Alcohol %: 2.22% (100%), Protein: 7.22g (14.45%), Vitamin A: 1370.13IU (27.4%), Selenium: 16.58µg (23.69%), Vitamin B2: 0.3mg (17.39%), Folate: 60.1µg (15.03%), Vitamin B1: 0.22mg (14.81%), Manganese: 0.23mg (11.51%), Iron: 1.95mg (10.85%), Phosphorus: 98.64mg (9.86%), Vitamin B3: 1.73mg (8.63%), Vitamin E: 1.06mg (7.04%), Calcium: 64.81mg (6.48%), Vitamin B5: 0.63mg (6.27%), Vitamin D: 0.9µg (5.98%), Fiber: 1.44g (5.76%), Potassium: 195.29mg (5.58%), Copper: 0.09mg (4.59%), Vitamin B12: 0.27µg (4.42%), Magnesium: 16.32mg (4.08%), Zinc: 0.61mg (4.06%), Vitamin B6: 0.08mg (4.03%), Vitamin C: 2.67mg (3.24%), Vitamin K: 2.86µg (2.72%)