



## Apricot gâteau Pithiviers

 Vegetarian

READY IN



65 min.

SERVINGS



10

CALORIES



500 kcal

SIDE DISH

### Ingredients

- ☐ 100 g butter softened
- ☐ 140 g brown sugar
- ☐ 1 egg yolk
- ☐ 100 g almond flour
- ☐ 1 tbsp flour plain
- ☐ 1 tbsp grand marnier
- ☐ 200 g apricots ripe sliced
- ☐ 500 g puff pastry (or 2x 375g packs ready-rolled Dorset pastry)

- ☐ 1 eggs beaten
- ☐ 3 tbsp apricot preserves

## Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ baking pan

## Directions

- ☐ Beat the butter and sugar in a large bowl, then beat in the egg and egg yolk. Stir in the almonds, flour and liqueur, and mix well to a spreadable paste.
- ☐ Roll out half the pastry and, using a sharp knife, cut out a circle approximately 25cm in diameter (use a dinner plate as a guide). It should be about the thickness of 2 x 1 coins.
- ☐ Roll out the remaining pastry and cut out another circle, slightly larger than the first. If youre using ready-rolled pastry, cut a circle from each sheet and freeze whats left.
- ☐ Place the smaller circle on a baking tray and top with half the almond filling, leaving a 2.5cm border round the edge.
- ☐ Spread the apricots over, then put the rest of the filling on top.
- ☐ Brush the border with beaten egg and set the remaining pastry circle on top, pressing the edges firmly together.
- ☐ With the back of a knife, score lines round the outer edge of the pastry. Now press the back of the knife 1cm into the pastry edge at regular intervals to give a scalloped appearance.
- ☐ Brush the top with more beaten egg and score curved lines radiating from the centre of the circle. Take care not to cut through the pastry. Chill for 20 mins. The tart can be made ahead and frozen at this point or kept in the fridge for 2 days.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Bake for 30–35 mins until puffed and golden. Leave to cool on a baking tray. To glaze, melt the jam in a small pan and pass through a sieve. Then brush over the pastry.

## Nutrition Facts



 **PROTEIN 5.59%**  **FAT 58.54%**  **CARBS 35.87%**

## Properties

Glycemic Index:22.27, Glycemic Load:13.38, Inflammation Score:-5, Nutrition Score:7.2521739628004%

## Flavonoids

Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 500.46kcal (25.02%), Fat: 33.11g (50.93%), Saturated Fat: 10.63g (66.44%), Carbohydrates: 45.65g (15.22%), Net Carbohydrates: 43.4g (15.78%), Sugar: 19.27g (21.41%), Cholesterol: 57.31mg (19.1%), Sodium: 202.57mg (8.81%), Alcohol: 0.39g (100%), Alcohol %: 0.42% (100%), Protein: 7.11g (14.23%), Selenium: 15.13µg (21.61%), Vitamin B1: 0.22mg (14.43%), Vitamin A: 697.62IU (13.95%), Manganese: 0.28mg (13.92%), Folate: 47.37µg (11.84%), Vitamin B3: 2.28mg (11.38%), Iron: 2.03mg (11.27%), Vitamin B2: 0.19mg (11.04%), Vitamin K: 9.44µg (8.99%), Fiber: 2.25g (8.99%), Phosphorus: 54.37mg (5.44%), Vitamin E: 0.78mg (5.21%), Calcium: 48.73mg (4.87%), Copper: 0.09mg (4.57%), Potassium: 117.23mg (3.35%), Magnesium: 12.53mg (3.13%), Vitamin C: 2.53mg (3.06%), Zinc: 0.43mg (2.84%), Vitamin B6: 0.04mg (2.13%), Vitamin B5: 0.2mg (2.03%), Vitamin B12: 0.09µg (1.52%), Vitamin D: 0.19µg (1.23%)