



Artichoke Pie: Sformato di Caciofi

READY IN



300 min.

SERVINGS



8

CALORIES



1013 kcal

DESSERT

Ingredients

- ☐ 10 medium artichokes cleaned
- ☐ 2 tablespoons double-acting baking powder
- ☐ 5 tablespoons butter
- ☐ 6 large eggs at room temperature
- ☐ 4 cups flour for dusting all-purpose plus more
- ☐ 4 tablespoons flour
- ☐ 8 servings flour for coating the pan
- ☐ 3 cups milk
- ☐ 0.5 teaspoon nutmeg freshly grated

- ☐ 0.5 cup olive oil extra-virgin
- ☐ 8 servings olive oil extra-virgin for coating the pan and brushing the pie
- ☐ 1 small onion chopped
- ☐ 0.3 cup freshly parsley leaves italian chopped
- ☐ 0.5 recipe pie dough
- ☐ 2 teaspoons salt
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 1 cup sugar
- ☐ 1.3 cups butter unsalted melted room temperature
- ☐ 1.5 teaspoons vanilla extract

Equipment

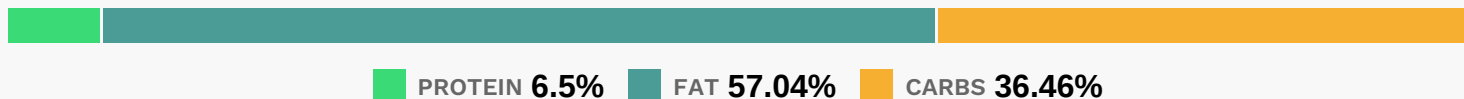
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ springform pan
- ☐ tart form

Directions

- ☐ Place the flour, sugar, baking powder, and salt in a large bowl.
- ☐ Add the eggs and vanilla, and mix together using the blades of 2 knives. Incorporate the butter bit by bit. Lightly coat your hands with a little extra flour. Using your hands, knead the dough briefly, so that it just sticks together. Be careful not to overwork the dough, or it will toughen.
- ☐ This dough can also be made in a food processor, being careful not to over-process once the butter has been added.

- ☐ Form the dough into 2 balls, cover each with plastic, and refrigerate at least 1 hour, and up to 12 hours. This dough can also be frozen for future use.
- ☐ To make the tart: Clean the artichokes down to the "heart" and halve or quarter. Put into a 12-inch saucepan with the olive oil and onion, and season to taste with salt and pepper.
- ☐ Saute until onions are caramelized and then barely cover with water. Reduce heat to medium, cook for 15 minutes of until artichokes are very tender.
- ☐ Drain the artichokes and onion, and transfer to a bowl.
- ☐ Mix in the parsley and set aside.
- ☐ Prepare the bechamel sauce (see recipe for milk croquettes). Fold the artichokes into the sauce, and salt and pepper to taste.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Grease a 9-inch springform tart pan with olive oil and lightly coat with flour.
- ☐ Roll out two-thirds of the pastry into a 10-1/2-inch circle that is 1/4-inch thick. Fit the dough into the center of the pan, pressing evenly halfway up the sides.
- ☐ Pour the filling into the pastry shell and smooth the top across evenly.
- ☐ Take the small pieces of remaining dough and roll them into little ropes, about 1/3-inch thick. Use these ropes to stripe the top of the artichoke filling in 5 or 6 rows about 1-inch apart. Make sure to press the ends into the edge of the tart shell's dough. Turn the tart a 1/4 turn and place the remaining ropes on top of the first layer, going the opposite direction.
- ☐ Bake the tart on a baking sheet in the preheated oven until golden brown, about 45 minutes, brushing crust with additional olive oil during the last 10 minutes of baking.
- ☐ Remove the cooked tart and let it cool. It's best served at room temperature.
- ☐ In a medium saucepan, heat butter until melted.
- ☐ Add flour and stir until smooth. Over medium heat, cook until light golden brown, about 6 to 7 minutes. Meanwhile, heat milk in separate pan until just about to boil.
- ☐ Add milk to butter mixture 1 cup at a time, whisking continuously until very smooth and bring to a boil. Cook 10 minutes and remove from heat. Season with salt and nutmeg and set aside.

Nutrition Facts



Properties

Glycemic Index:79.51, Glycemic Load:60.79, Inflammation Score:-8, Nutrition Score:23.533043426016%

Flavonoids

Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 1012.53kcal (50.63%), Fat: 64.62g (99.42%), Saturated Fat: 30.13g (188.33%), Carbohydrates: 92.95g (30.98%), Net Carbohydrates: 90.41g (32.88%), Sugar: 30.24g (33.61%), Cholesterol: 250.63mg (83.54%), Sodium: 1099.45mg (47.8%), Alcohol: 0.26g (100%), Alcohol %: 0.1% (100%), Protein: 16.57g (33.15%), Selenium: 39.53µg (56.48%), Vitamin B1: 0.68mg (45.53%), Vitamin K: 45.65µg (43.47%), Vitamin B2: 0.71mg (41.52%), Folate: 166.05µg (41.51%), Calcium: 340.22mg (34.02%), Phosphorus: 334.97mg (33.5%), Vitamin A: 1673.75IU (33.48%), Manganese: 0.6mg (30.04%), Iron: 4.95mg (27.52%), Vitamin E: 4.03mg (26.9%), Vitamin B3: 4.83mg (24.13%), Vitamin D: 2.32µg (15.49%), Vitamin B12: 0.91µg (15.12%), Vitamin B5: 1.35mg (13.53%), Fiber: 2.54g (10.18%), Zinc: 1.51mg (10.06%), Magnesium: 37.36mg (9.34%), Potassium: 316.82mg (9.05%), Vitamin B6: 0.17mg (8.58%), Copper: 0.16mg (8%), Vitamin C: 3.14mg (3.81%)