



Banana Tartlets with Chocolate Custard

READY IN



45 min.

SERVINGS



6

CALORIES



623 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.3 cups all purpose flour
- ☐ 3 medium bananas peeled cut into 1/3-inch-thick slices
- ☐ 1.5 tablespoons cornstarch
- ☐ 1 tablespoon rum dark
- ☐ 4 large egg yolks
- ☐ 6 tablespoons brown sugar
- ☐ 0.3 cup ice water ()
- ☐ 0.5 teaspoon salt
- ☐ 2 ounces bittersweet chocolate unsweetened chopped (not)

- ☐ 2 tablespoons sugar
- ☐ 0.8 cup butter unsalted chilled cut into 1/2-inch pieces ()
- ☐ 1.3 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ broiler

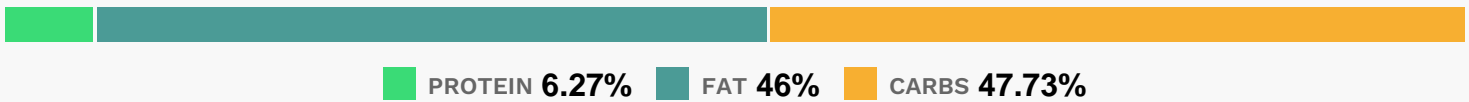
Directions

- ☐ Whisk egg yolks, sugar, cornstarch and salt in medium bowl to blend. Bring milk to simmer in heavy medium saucepan. Gradually whisk hot milk into yolk mixture. Return mixture to saucepan.
- ☐ Whisk over medium heat until custard thickens and boils, about 2 1/2 minutes.
- ☐ Remove from heat.
- ☐ Add chocolate and rum and whisk until chocolate melts and mixture is smooth.
- ☐ Transfer custard to bowl.
- ☐ Place plastic wrap directly atop surface of custard. Refrigerate overnight.
- ☐ For crust: Blend all purpose flour, 2 tablespoons sugar and salt in processor.
- ☐ Cut in chilled butter using on/off turns until mixture resembles coarse meal.
- ☐ Add 1/4 cup ice water and process until moist clumps form, adding more ice water by teaspoonfuls if dough is dry. Gather dough together; divide into 6 equal balls. Flatten each ball into disk. Wrap each disk in plastic; refrigerate 30 minutes.
- ☐ Roll out 1 dough disk to 7-inch round.
- ☐ Transfer to 4 1/2-inch tartlet pan with removable bottom. Trim dough overhang to 1/2 inch. Fold overhang in, pressing and forming double-thick sides. Pierce crust all over with fork.

Repeat with remaining 5 dough disks. Freeze crusts 30 minutes.

- ☐ Preheat oven to 350°F.
- ☐ Bake crusts until golden brown and baked through, piercing with fork if crusts bubble, about 40 minutes. Cool completely in pans on rack. (Can be made 1 day ahead. Store airtight in tartlet pans at room temperature.)
- ☐ Preheat broiler. Divide custard equally among crusts (generous 1/4 cup for each).
- ☐ Place banana slices decoratively atop each tartlet, covering custard completely.
- ☐ Brush bananas lightly with water.
- ☐ Sprinkle 1 tablespoon brown sugar over bananas on each tartlet. Broil just until sugar melts and bubbles, about 1 1/2 minutes.
- ☐ Garnish with cream, if desired.

Nutrition Facts



Properties

Glycemic Index:42.14, Glycemic Load:36.1, Inflammation Score:-7, Nutrition Score:15.549565242684%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 622.69kcal (31.13%), Fat: 31.93g (49.13%), Saturated Fat: 18.82g (117.65%), Carbohydrates: 74.56g (24.85%), Net Carbohydrates: 70.98g (25.81%), Sugar: 28.95g (32.17%), Cholesterol: 190.07mg (63.36%), Sodium: 228.24mg (9.92%), Alcohol: 0.83g (100%), Alcohol %: 0.45% (100%), Caffeine: 8.13mg (2.71%), Protein: 9.79g (19.59%), Selenium: 25.1µg (35.85%), Manganese: 0.62mg (31.17%), Vitamin B1: 0.44mg (29.28%), Folate: 115.1µg (28.77%), Vitamin B2: 0.42mg (24.69%), Vitamin A: 997.35IU (19.95%), Phosphorus: 191.37mg (19.14%), Iron: 3.34mg (18.56%), Vitamin B3: 3.32mg (16.6%), Vitamin B6: 0.32mg (15.84%), Fiber: 3.57g (14.29%), Magnesium: 51.35mg (12.84%), Copper: 0.25mg (12.72%), Potassium: 426.56mg (12.19%), Calcium: 110.25mg (11.03%), Vitamin D: 1.6µg (10.65%), Vitamin B5: 1.01mg (10.06%), Vitamin B12: 0.56µg (9.35%), Zinc: 1.17mg (7.8%), Vitamin E: 1.12mg (7.46%), Vitamin C: 5.13mg (6.22%), Vitamin K: 3.33µg (3.18%)