



Bittersweet Chocolate and Carob Ganache Tart with Malted Candy Brittle

READY IN



45 min.

SERVINGS



12

CALORIES



228 kcal

DESSERT

Ingredients

- 1.5 cups flour
- 4 ounces chocolate chips
- 1 tablespoon butter room temperature
- 2 ounces carob chips
- 1 teaspoon kosher salt
- 1 large egg yolk
- 1 cup cup heavy whipping cream
- 3.5 tablespoons sugar

- 0.5 teaspoon vanilla extract

Equipment

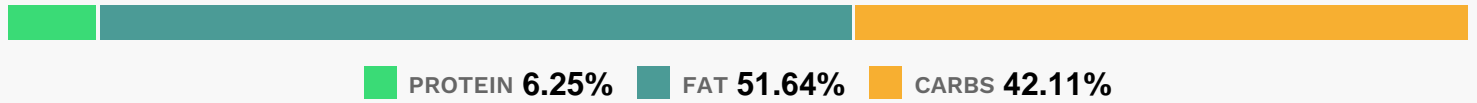
- bowl
- frying pan
- oven
- whisk
- aluminum foil

Directions

- Whisk flour, sugar, and 1 teaspoon coarse salt in large bowl to blend.
- Add butter and rub in with fingertips until coarse meal forms. Stir cream and egg yolk in small bowl until blended; drizzle over flour mixture. Stir until dough comes together in moist clumps. Gather dough into ball; flatten into disk. Wrap and chill at least 1 hour and up to 1 day.
- Roll out dough on floured surface to 12-inch round.
- Transfer to 9-inch tart pan with removable bottom.
- Cut off all but 1/2-inch overhang. Fold overhang in and press, forming double-thick sides. Pierce bottom of crust with fork; chill 30 minutes.
- Preheat oven to 350°F. Line crust with foil and fill with dried beans or pie weights.
- Bake until sides of crust are set, about 20 minutes.
- Remove foil with beans and bake until crust is golden brown, 12 to 15 minutes longer. Cool crust completely.
- Combine bitter-sweet chocolate and carob in medium bowl. Bring cream to simmer in heavy medium saucepan over medium heat.
- Pour cream over chips; let stand 1 minute. Stir until melted and smooth.
- Add butter and vanilla; stir to blend.
- Pour filling into cooled crust. Chill uncovered until firm, at least 4 hours. Chop brittle into rough 1/2-inch pieces. DO AHEAD: Can be made 1 day ahead. Cover brittle, cover tart, and keep chilled. Bring to room temperature before continuing.
- Remove tart from pan. Scatter brittle over tart and serve.

* Carob chips are similar to chocolate chips. They are available at some supermarkets and at specialty food stores and natural food stores.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:11.07, Inflammation Score:-3, Nutrition Score:4.5299999914739%

Nutrients (% of daily need)

Calories: 227.73kcal (11.39%), Fat: 13.1g (20.15%), Saturated Fat: 9.43g (58.95%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 23.07g (8.39%), Sugar: 8.98g (9.98%), Cholesterol: 40.36mg (13.45%), Sodium: 222.86mg (9.69%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 3.57g (7.14%), Selenium: 7.46µg (10.65%), Vitamin B1: 0.14mg (9.56%), Vitamin B2: 0.15mg (8.73%), Folate: 34.47µg (8.62%), Vitamin A: 342.55IU (6.85%), Manganese: 0.13mg (6.42%), Calcium: 60.66mg (6.07%), Vitamin B3: 1.08mg (5.42%), Iron: 0.97mg (5.39%), Phosphorus: 52.05mg (5.21%), Zinc: 0.69mg (4.61%), Fiber: 0.96g (3.84%), Potassium: 127.47mg (3.64%), Vitamin E: 0.48mg (3.19%), Vitamin B5: 0.27mg (2.69%), Vitamin D: 0.39µg (2.63%), Copper: 0.05mg (2.61%), Magnesium: 10.05mg (2.51%), Vitamin B6: 0.04mg (1.86%), Vitamin K: 1.86µg (1.78%), Vitamin B12: 0.1µg (1.68%)