



Brandied Sour Cherry and Pear Tartlets

READY IN



45 min.

SERVINGS



16

CALORIES



370 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brandy
- ☐ 10 ounces cherries dried sour
- ☐ 2 tablespoons cornstarch
- ☐ 3.5 cups flour all-purpose
- ☐ 8 tablespoons ice water
- ☐ 1.5 pounds firm-ripe pears (3)
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 1 cup butter unsalted cold cut into 1/2-inch cubes

- ☐ 0.5 cup vegetable shortening cold
- ☐ 0.5 cup water
- ☐ 3 tablespoons milk whole

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ rolling pin

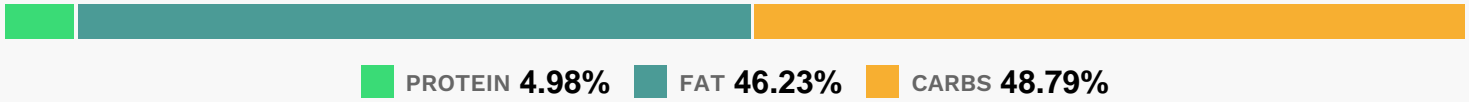
Directions

- ☐ Blend together flour, salt, butter, shortening, and 2 tablespoons sugar with your fingertips or a pastry blender in a large bowl (or pulse in a food processor, then transfer to a large bowl) just until most of mixture resembles coarse meal with small (roughly pea-size) butter lumps.
- ☐ Drizzle evenly with 1/2 cup ice water and gently stir with a fork until incorporated.
- ☐ Squeeze a small handful: If it doesn't hold together, add more ice water, 1 tablespoon at a time, stirring until just incorporated, then test again. (Do not overwork mixture, or pastry will be tough.)
- ☐ Turn out mixture onto a lightly floured surface and divide into 8 portions. With heel of your hand, smear each portion once or twice in a forward motion to help distribute fat. Gather dough together with scraper and divide into 2 balls, one slightly larger than the other, then flatten each into a 5- to 6-inch disk. Chill, wrapped in plastic wrap, until firm, at least 1 hour.
- ☐ Peel, halve, and core pears.

- ☐ Cut pears into 1/4-inch dice, then stir together with remaining filling ingredients in a 3-quart heavy pot. Bring to a boil, stirring, then reduce heat and simmer, uncovered, stirring occasionally, until thick, about 10 minutes.
- ☐ Transfer filling to a shallow dish and cool to room temperature.
- ☐ Roll out smaller disk of dough into a 13-inch round (about 1/8 inch thick) on a floured surface with a floured rolling pin, lifting up dough carefully and flouring surface as necessary to keep dough from sticking.
- ☐ Cut out as many rounds as possible (about 1
- ☐ with 3 1/2-inch fluted cutter, transferring as cut to a wax-paper-lined baking sheet. Chill rounds until firm, about 10 minutes, before decorating. Gather dough scraps and chill 20 to 30 minutes, then reroll, cut, and chill additional 3 1/2-inch rounds (reroll scraps only once) for a total of 1
- ☐ Cut out shapes from rounds with decorative cutters or a sharp paring knife, leaving a 1/2-inch border around edge, and reserve cutout pieces if desired for additional decoration.
- ☐ Brush tops lightly with milk. Lightly press reserved cutouts (if using) onto decorated pastry rounds and brush lightly with milk.
- ☐ Sprinkle remaining tablespoon sugar evenly over tops and chill while making bottoms.
- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Roll out larger disk of dough into a 15-inch round (about 1/8 inch thick) on floured surface with floured rolling pin, lifting up dough carefully and flouring surface as necessary to keep dough from sticking.
- ☐ Cut out as many rounds as possible (about 1
- ☐ with 4-inch cutter. Gather dough scraps and chill 20 to 30 minutes, then reroll and cut additional 4-inch rounds (reroll scraps only once) for a total of 1
- ☐ Fit each 4-inch round into a tartlet pan (don't trim). Fill each tartlet with 3 tablespoons cooled filling and brush edge of pastry lightly with milk.
- ☐ Place decorated tops over filling in each tartlet, then press each top lightly around edge to help seal edges and trim pastry if necessary.
- ☐ Bake tartlets on a large baking sheet until golden, 20 to 25 minutes.
- ☐ Transfer tartlets to a rack and cool 10 minutes. To remove tartlets from pans, cover 1 hand with a folded kitchen towel and invert tartlets 1 at a time onto towel, reinverting them onto a platter.
- ☐ Serve warm or at room temperature.

- Disks of pastry dough can be chilled up to 1 day.
- Let stand at room temperature about 20 minutes to soften slightly before rolling out.·Filling can be made 1 day ahead and cooled, uncovered, then chilled, covered.·Assembled tartlets (unbaked) can be made 1 week ahead and frozen, wrapped well in plastic wrap. Do not thaw before baking.·Tartlets can be baked 1 day ahead and kept, loosely covered, at room temperature. Reheat in a 350°F oven until warm, 10 to 15 minutes.·Instead of 16 tartlets, you can make 1 (10-inch) tart. Use slightly larger decorative cutouts, if desired, and bake longer, about 50 to 60 minutes total.

Nutrition Facts



Properties

Glycemic Index:14.68, Glycemic Load:18.61, Inflammation Score:-6, Nutrition Score:6.5817391120869%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 369.96kcal (18.5%), Fat: 18.34g (28.21%), Saturated Fat: 8.99g (56.21%), Carbohydrates: 43.55g (14.52%), Net Carbohydrates: 39.81g (14.48%), Sugar: 15.78g (17.54%), Cholesterol: 30.84mg (10.28%), Sodium: 152.97mg (6.65%), Alcohol: 2.51g (100%), Alcohol %: 2.32% (100%), Protein: 4.44g (8.89%), Vitamin A: 998.74IU (19.97%), Fiber: 3.73g (14.93%), Vitamin B1: 0.22mg (14.92%), Selenium: 9.55µg (13.64%), Folate: 53.44µg (13.36%), Manganese: 0.21mg (10.5%), Iron: 1.65mg (9.17%), Vitamin B2: 0.16mg (9.15%), Vitamin B3: 1.69mg (8.46%), Vitamin K: 6.36µg (6.06%), Vitamin E: 0.79mg (5.27%), Phosphorus: 41.31mg (4.13%), Copper: 0.08mg (4.06%), Calcium: 31.38mg (3.14%), Potassium: 86.46mg (2.47%), Magnesium: 9.8mg (2.45%), Vitamin C: 1.83mg (2.22%), Vitamin B5: 0.21mg (2.1%), Zinc: 0.26mg (1.76%), Vitamin D: 0.24µg (1.63%), Vitamin B6: 0.03mg (1.33%)