



Brown Butter Fig Tartlets

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



632 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup bourbon
- 0.3 cup confectioners' sugar
- 6 servings creme fraeche for serving
- 0.8 cup let set min. spread
- 1.3 cups figs dried black halved
- 1.5 cups flour for dusting all-purpose plus more
- 0.5 cup granulated sugar
- 3 tablespoons granulated sugar

- 0.5 teaspoon salt
- 12 tablespoons butter unsalted
- 1 vanilla pod split

Equipment

- frying pan
- sauce pan
- oven
- wooden spoon

Directions

- Make the tartlets: Preheat the oven to 35
- Melt the butter in a saucepan over low heat
- and cook until it browns and smells nutty, then let cool. Stir in the flour, both sugars and the
- salt with a wooden spoon.
- Sprinkle with 1 tablespoon water, if necessary, to help the dough clump together. Turn out onto a floured surface and knead three or four times, or just until the dough comes together.
- Scoop 1/4 cup dough into each of 6 nonstick muffin-pan cups. Press the dough down in the middle and slightly up along the sides to make a cup shape. Chill until firm, about 30 minutes.
- Place 1 heaping tablespoon fig jam in the center of each tartlet and bake until golden, 35 to 40 minutes. Cool slightly, then remove from the pan.
- Heat the bourbon, sugar, 1/2 cup water and the vanilla pod and seeds in a medium saucepan over medium heat.
- Add the figs and poach until they are plump and the liquid is syrupy, about 15 minutes.
- Serve the tartlets with the figs, their sauce and a dollop of creme fraeche.
- Photograph by Con Poulos

Nutrition Facts



PROTEIN 3.06% FAT 35.26% CARBS 61.68%

Properties

Glycemic Index:52.7, Glycemic Load:48.72, Inflammation Score:-6, Nutrition Score:8.8104348208593%

Nutrients (% of daily need)

Calories: 631.51kcal (31.58%), Fat: 23.52g (36.18%), Saturated Fat: 14.48g (90.49%), Carbohydrates: 92.56g (30.85%), Net Carbohydrates: 88.37g (32.13%), Sugar: 57.82g (64.25%), Cholesterol: 60.2mg (20.07%), Sodium: 210.24mg (9.14%), Alcohol: 6.68g (100%), Alcohol %: 4.98% (100%), Protein: 4.59g (9.19%), Manganese: 0.39mg (19.46%), Vitamin B1: 0.28mg (18.59%), Selenium: 11.8µg (16.85%), Fiber: 4.19g (16.78%), Folate: 63.9µg (15.98%), Vitamin A: 702.82IU (14.06%), Vitamin B2: 0.22mg (12.76%), Iron: 2.25mg (12.49%), Vitamin B3: 2.06mg (10.31%), Copper: 0.17mg (8.65%), Potassium: 273.84mg (7.82%), Magnesium: 29.68mg (7.42%), Calcium: 67.76mg (6.78%), Phosphorus: 67.39mg (6.74%), Vitamin K: 6.9µg (6.57%), Vitamin E: 0.81mg (5.42%), Vitamin C: 2.84mg (3.44%), Zinc: 0.48mg (3.19%), Vitamin B5: 0.31mg (3.08%), Vitamin D: 0.42µg (2.8%), Vitamin B6: 0.05mg (2.66%)