



Camote Tartes Tatins with Pumpkin-Seed Brittle

READY IN



45 min.

SERVINGS



8

CALORIES



795 kcal

DESSERT

Ingredients

- ☐ 1 large eggs
- ☐ 17.3 ounce puff pastry frozen thawed (2 sheets)
- ☐ 1 cup pumpkin seeds raw shelled toasted
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 10 tablespoons butter unsalted cut into 1-inch cubes, room temperature
- ☐ 1 tablespoon vanilla extract
- ☐ 8 servings whipped cream

- ☐ 2 large diameter yams peeled (red-skinned sweet potatoes)

Equipment

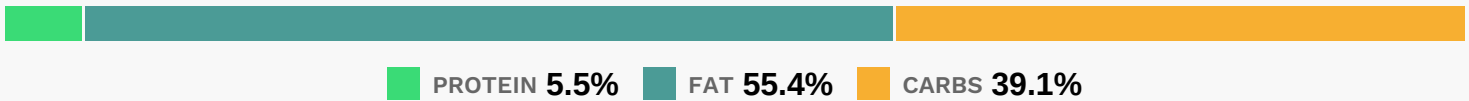
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ cookie cutter
- ☐ slotted spoon
- ☐ pastry brush

Directions

- ☐ Spray large rimmed baking sheet with nonstick spray. Stir sugar, 2 tablespoons water, and pinch of salt in small saucepan over medium heat until sugar dissolves. Increase heat to high. Boil without stirring until mixture turns deep amber, occasionally swirling pan and brushing down sides with wet pastry brush, about 5 minutes. Stir in seeds; immediately spread out on baking sheet. Cool until hardened. Break into pieces. (Can be made 2 days ahead. Store in airtight container at room temperature.)
- ☐ Bring 8 cups water, 1 tablespoon vanilla, and 1 teaspoon salt to boil in heavy large saucepan.
- ☐ Add yam slices; cook until just tender, about 6 minutes (do not overcook). Using slotted spoon, transfer yam slices to rack; cool.
- ☐ Preheat oven to 375°F. Lightly spray eight 3/4-cup ramekins or custard cups with nonstick spray. Stir 1 cup sugar and 3 tablespoons water in heavy small saucepan over medium heat until sugar dissolves. Increase temperature to high. Boil without stirring until syrup turns deep amber, occasionally swirling pan and brushing down sides with wet pastry brush, about 5 minutes.
- ☐ Remove from heat. Gradually add butter, whisking until melted and smooth (mixture will bubble).
- ☐ Whisk in 1 teaspoon vanilla. Divide caramel among ramekins.

- ☐ Place 1 yam slice atop caramel in each ramekin.
- ☐ Using 3 1/2-inch round cookie cutter, cut pastry into 8 disks. Pierce pastry all over with fork. Top each yam slice with pastry disk. Beat egg in bowl to blend.
- ☐ Brush pastry lightly with egg.
- ☐ Sprinkle with 1 tablespoon sugar.
- ☐ Bake until pastry is browned and puffed, about 25 minutes.
- ☐ Invert tartes onto plates.
- ☐ Serve warm with vanilla ice cream and brittle.

Nutrition Facts



Properties

Glycemic Index:24.64, Glycemic Load:41.68, Inflammation Score:-10, Nutrition Score:19.142173891482%

Nutrients (% of daily need)

Calories: 794.98kcal (39.75%), Fat: 49.48g (76.12%), Saturated Fat: 20.29g (126.79%), Carbohydrates: 78.56g (26.19%), Net Carbohydrates: 75.22g (27.35%), Sugar: 42.66g (47.4%), Cholesterol: 89.92mg (29.97%), Sodium: 524.09mg (22.79%), Alcohol: 0.56g (100%), Alcohol %: 0.31% (100%), Protein: 11.05g (22.09%), Vitamin A: 9398.93IU (187.98%), Manganese: 0.9mg (44.97%), Selenium: 19.11µg (27.3%), Vitamin B2: 0.43mg (25.45%), Phosphorus: 245.7mg (24.57%), Vitamin B1: 0.34mg (22.97%), Magnesium: 79.86mg (19.97%), Vitamin B3: 3.72mg (18.59%), Folate: 61.92µg (15.48%), Iron: 2.77mg (15.42%), Copper: 0.28mg (13.77%), Fiber: 3.35g (13.39%), Potassium: 463mg (13.23%), Vitamin K: 12.93µg (12.32%), Calcium: 119.7mg (11.97%), Vitamin C: 9.37mg (11.36%), Zinc: 1.65mg (11%), Vitamin E: 1.49mg (9.96%), Vitamin B6: 0.2mg (9.81%), Vitamin B5: 0.96mg (9.57%), Vitamin B12: 0.34µg (5.71%), Vitamin D: 0.52µg (3.46%)