



## Candied Kumquat and Ricotta Tart

READY IN



45 min.

SERVINGS



12

CALORIES



1106 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon fennel seeds lightly toasted
- ☐ 4 cups kumquats fresh with leaves; 1 lb without)
- ☐ 12 inch pie crust dough sweet
- ☐ 0.7 cup ricotta cheese
- ☐ 0.3 cup cream sour
- ☐ 2 cups sugar
- ☐ 1 cup water

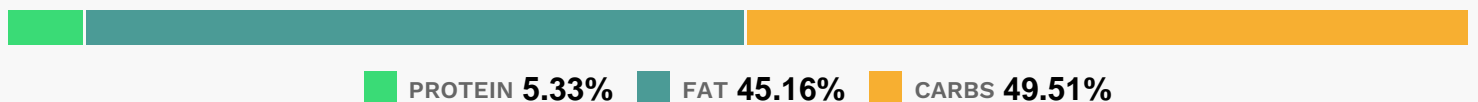
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ skewers
- ☐ tart form

## Directions

- ☐ Thinly slice kumquats crosswise with a sharp knife, discarding seeds.
- ☐ Bring water and 2 cups sugar to a boil in a 2-quart heavy saucepan, stirring until sugar is dissolved, then simmer syrup, uncovered, 5 minutes. Stir in kumquats and simmer gently 10 minutes.
- ☐ Drain and cool kumquats in a sieve set over a bowl, then return drained syrup to pan and boil until reduced to about 1 1/3 cups, 3 to 5 minutes.
- ☐ Finely grind fennel seeds in coffee/spice grinder, then transfer to a bowl and whisk together with ricotta, remaining 2 tablespoons sugar, and a pinch of salt just until ricotta is slightly smoother.
- ☐ Whisk in sour cream until just combined and spread evenly over bottom of tart shell.
- ☐ Arrange kumquats as evenly as possible over ricotta using your fingers or a small spoon, separating slices as necessary with a skewer, then brush kumquats with some of reduced syrup.
- ☐ Remove side of tart pan.
- ☐ • Kumquats can be candied 1 day ahead and chilled in syrup (before reducing), covered. Warm mixture before proceeding. • Ricotta filling can be made 1 day ahead and chilled, covered. • Tart can be assembled 2 hours ahead and kept at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:8.09, Glycemic Load:23.38, Inflammation Score:-6, Nutrition Score:16.601739165576%

Flavonoids

Naringenin: 21.62mg, Naringenin: 21.62mg, Naringenin: 21.62mg, Naringenin: 21.62mg Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg

Nutrients (% of daily need)

Calories: 1106.28kcal (55.31%), Fat: 55.62g (85.57%), Saturated Fat: 18.15g (113.41%), Carbohydrates: 137.23g (45.74%), Net Carbohydrates: 129.72g (47.17%), Sugar: 37.05g (41.16%), Cholesterol: 10.8mg (3.6%), Sodium: 836.79mg (36.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.52%), Manganese: 0.95mg (47.43%), Vitamin B1: 0.57mg (37.85%), Folate: 148.44µg (37.11%), Iron: 5.63mg (31.27%), Fiber: 7.51g (30.06%), Vitamin B3: 5.59mg (27.96%), Vitamin B2: 0.42mg (24.61%), Vitamin C: 16.63mg (20.16%), Selenium: 13.83µg (19.76%), Phosphorus: 178.59mg (17.86%), Vitamin K: 14.85µg (14.14%), Magnesium: 40.53mg (10.13%), Calcium: 99.24mg (9.92%), Copper: 0.2mg (9.85%), Vitamin B5: 0.94mg (9.39%), Potassium: 290mg (8.29%), Zinc: 1.16mg (7.71%), Vitamin E: 1.02mg (6.77%), Vitamin B6: 0.12mg (6.14%), Vitamin A: 212.57IU (4.25%)