



## Cantal Cheese Tart

READY IN



45 min.

SERVINGS



8

CALORIES



349 kcal

### Ingredients

- 1.3 cups flour
- 0.1 teaspoon pepper black freshly ground (scant)
- 7 ounces cheese grated
- 3 large eggs
- 1.3 cups cup heavy whipping cream
- 3 tablespoons water ()
- 0.1 teaspoon nutmeg freshly grated (scant)
- 1 pinch salt
- 0.5 cup shallots chopped ( 2 large)
- 1 tablespoon butter unsalted

## Equipment

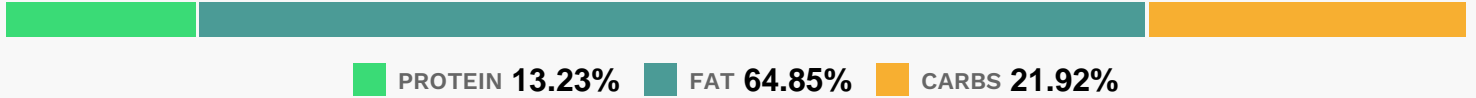
- bowl
- frying pan
- oven
- aluminum foil
- tart form

## Directions

- Blend flour and salt in processor 5seconds.
- Add butter and cut in, using on/off turns, until very coarse meal forms.
- Add 3 tablespoons ice water. Blend untilmoist clumps form, adding more water byteaspoonfuls if dough is dry. Gather doughinto ball; flatten into disk. Wrap in plastic.Chill at least 1 hour and up to 1 day.
- Roll out dough on lightly flouredsurface to 12- to 13-inch round.
- Transfer to9-inch-diameter tart pan with removablebottom.
- Cut off all but 1/2-inch overhang.Fold overhang in and press so that sides ofdough rise 1/4 to 1/3 inch above rim of pan.Freeze crust 15 minutes.
- Preheat oven to 375°F. Line crust withfoil; fill with dried beans or pie weights.
- Bake crust until sides are set, about 25minutes.
- Remove foil and beans.
- Bake crustuntil pale golden, piercing with fork if crustbubbles, about 20 minutes. Reduce oventemperature to 350°F. Cool crust.
- Melt butter in heavy mediumskillet over medium heat.
- Add shallots.
- Sprinkle with salt and pepper. Sautéuntil soft and beginning to color, about 4minutes.
- Spread shallots in crust.
- Whiskcream, eggs, pepper, nutmeg, and salt inmedium bowl.
- Mix in cheese.
- Pour custardinto crust.

- Bake until filling is set in center, 35 to 38 minutes.
- Transfer tart to rack and cool 15 to 30 minutes. Push up pan bottom, releasing tart.
- Serve tart warm or at room temperature.
- Cantal is a semi-firm cheese with a slight grassy flavor when aged. English farmhouse cheddar or sharp white cheddar are fine substitutes.
- Bon Appétit

## Nutrition Facts



### Properties

Glycemic Index: 29.25, Glycemic Load: 11.56, Inflammation Score: -6, Nutrition Score: 9.8160869453264%

### Nutrients (% of daily need)

Calories: 348.99kcal (17.45%), Fat: 25.28g (38.89%), Saturated Fat: 14.84g (92.77%), Carbohydrates: 19.22g (6.41%), Net Carbohydrates: 18.21g (6.62%), Sugar: 2.46g (2.74%), Cholesterol: 140.34mg (46.78%), Sodium: 206.39mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.61g (23.21%), Selenium: 20.71µg (29.59%), Calcium: 219.61mg (21.96%), Vitamin B2: 0.37mg (21.48%), Phosphorus: 202.81mg (20.28%), Vitamin A: 940.99IU (18.82%), Folate: 56.36µg (14.09%), Vitamin B1: 0.18mg (12.3%), Zinc: 1.44mg (9.6%), Manganese: 0.19mg (9.47%), Iron: 1.49mg (8.29%), Vitamin B12: 0.49µg (8.2%), Vitamin D: 1.15µg (7.63%), Vitamin B3: 1.24mg (6.17%), Vitamin B5: 0.62mg (6.16%), Vitamin B6: 0.12mg (6.09%), Vitamin E: 0.78mg (5.22%), Magnesium: 19.15mg (4.79%), Potassium: 151.54mg (4.33%), Fiber: 1.01g (4.06%), Copper: 0.07mg (3.44%), Vitamin K: 2.19µg (2.09%), Vitamin C: 1.41mg (1.71%)