



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

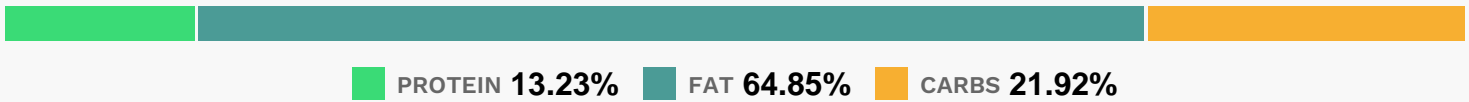
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ tart form

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 andcool 15 to 30 minutes. Push up pan bottom,releasing tart.
- ☐
- Serve tart warm or at roomtemperature.
- ☐
- Cantal is a semi-firmcheese with a slight grassy flavor whenaged. English farmhouse cheddar or sharpwhite 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: Og (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%)