



Caramel-Pistachio Torte with Halvah and Dark Chocolate

READY IN



45 min.

SERVINGS



16

CALORIES



340 kcal

DESSERT

Ingredients

- ☐ 2.5 cups all purpose flour
- ☐ 1 tablespoon plus light
- ☐ 1 large egg white
- ☐ 2 large egg yolks
- ☐ 0.5 cup heavy whipping cream
- ☐ 2 tablespoons ice water
- ☐ 4 ounces natural pistachios unsalted toasted
- ☐ 0.5 teaspoon salt

- ☐ 8 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 2 cups sugar
- ☐ 2 tablespoons butter unsalted ()
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ tart form
- ☐ pastry brush
- ☐ candy thermometer

Directions

- ☐ Combine flour, halvah, sugar, and salt in processor. Using on/off turns, process until blended to sandy texture.
- ☐ Add butter. Using on/off turns, process until mixture resembles coarse meal.
- ☐ Whisk egg yolks and 2 tablespoons ice water in small bowl to blend.
- ☐ Add to flour mixture. Using on/off turns, process until moist clumps form. Gather dough into 2 balls; flatten into disks. Wrap separately in plastic. Chill 1 hour.
- ☐ Combine sugar and 1/2 cup water in heavy large saucepan. Stir over medium heat until sugar dissolves. Increase heat to high and boil until syrup turns deep amber or clip-on candy thermometer registers 360°F, occasionally swirling pan and brushing down sides with wet pastry brush, about 11 minutes (time will vary depending on size of pan).
- ☐ Remove from heat. Carefully stir in cream (mixture will bubble).

- ☐ Add butter and whisk until melted and smooth. Stir in pistachios. Cool until lukewarm but still pourable, about 30 minutes.
- ☐ Meanwhile, preheat oven to 350°F. Lightly spray 9-inch-diameter tart pan with removable bottom with nonstick spray.
- ☐ Roll out 1 dough disk between 2 sheets of parchment paper or waxed paper to 11-inch round (dough will be about 1/3 inch thick).
- ☐ Remove top paper. Invert dough into prepared pan.
- ☐ Remove remaining paper. Trim dough overhang.
- ☐ Roll out second dough disk between 2 sheets of parchment paper or waxed paper to 10-inch round.
- ☐ Pour filling into prepared crust.
- ☐ Brush edges of crust with egg white.
- ☐ Remove top paper from second dough disk. Invert over filling.
- ☐ Remove paper. Press dough around pan edges to trim and seal.
- ☐ Place torte on baking sheet and bake until crust is golden, about 35 minutes. Cool completely in pan. Chill overnight.
- ☐ Bring cream and butter just to boil in medium saucepan.
- ☐ Remove from heat.
- ☐ Add chocolate and corn syrup; whisk until smooth. Cool 5 minutes.
- ☐ Place rack over rimmed baking sheet.
- ☐ Remove sides from tart pan. Invert torte onto rack.
- ☐ Remove bottom of tart pan.
- ☐ Pour warm glaze over torte (bottom of torte becomes top).
- ☐ Let stand until glaze sets. (Can be made 3 days ahead. Cover and refrigerate.
- ☐ Let stand at room temperature 1 hour before serving.)
- ☐ Slice into thin wedges and serve.
- ☐ *A sesame confection available at delicatessens, Middle Eastern markets, supermarkets, and Italian markets.

Nutrition Facts



 **PROTEIN 5.97%**  **FAT 35.47%**  **CARBS 58.56%**

Properties

Glycemic Index:10.26, Glycemic Load:28.44, Inflammation Score:-4, Nutrition Score:7.2643478098123%

Nutrients (% of daily need)

Calories: 339.6kcal (16.98%), Fat: 13.62g (20.96%), Saturated Fat: 6.37g (39.78%), Carbohydrates: 50.6g (16.87%), Net Carbohydrates: 48.21g (17.53%), Sugar: 32.06g (35.62%), Cholesterol: 35.97mg (11.99%), Sodium: 83.11mg (3.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 5.16g (10.32%), Manganese: 0.41mg (20.59%), Copper: 0.3mg (15.15%), Selenium: 10.52µg (15.03%), Vitamin B1: 0.21mg (14.22%), Iron: 2.17mg (12.05%), Folate: 42.89µg (10.72%), Phosphorus: 104.52mg (10.45%), Fiber: 2.39g (9.57%), Magnesium: 37.97mg (9.49%), Vitamin B2: 0.16mg (9.39%), Vitamin B3: 1.38mg (6.89%), Potassium: 186.54mg (5.33%), Vitamin B6: 0.1mg (5.15%), Zinc: 0.76mg (5.05%), Vitamin A: 209.15IU (4.18%), Calcium: 28.27mg (2.83%), Vitamin E: 0.41mg (2.75%), Vitamin B5: 0.25mg (2.53%), Vitamin K: 2.39µg (2.28%), Vitamin D: 0.26µg (1.73%), Vitamin B12: 0.08µg (1.39%)