



Caramelized Pumpkin Crostata

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



653 kcal

DESSERT

Ingredients

- 12 servings mrs richardson's butterscotch caramel sauce
- 12 servings nanci courtney's crème anglaise
- 0.3 cup ice water
- 0.5 teaspoon kosher salt
- 12 servings powdered sugar
- 0.3 cup caster sugar
- 2 cups sugar
- 2 cups unbleached flour

- 0.3 cup butter unsalted
- 1 cup butter unsalted
- 1 cup whipping cream
- 8 pounds pumpkins halved seeded

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

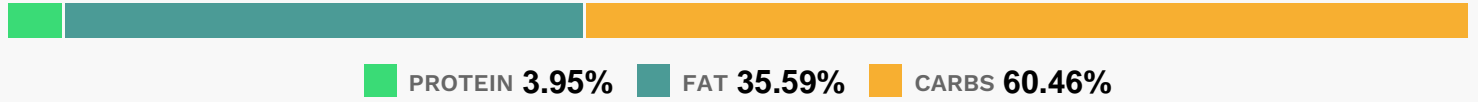
Directions

- Freeze 1 cup butter 10 minutes.
- Pulse flour, 1/4 cup superfine sugar, and salt in a food processor 2 or 3 times or until blended.
- Add butter; pulse 15 times or until mixture is crumbly. With processor running, add 1/4 cup ice water through food chute. Process 10 seconds or just until blended.
- Turn dough out onto a sheet of aluminum foil; shape into a 7-inch round. Cover tightly, and chill at least 1 hour or up to 2 days.
- Place pumpkin halves, cut side down, in a large, shallow pan.
- Bake at 500 for 20 to 25 minutes or until tender.
- Remove from oven, and cool to touch.
- Scoop out pulp, reserving 6 cups.
- Melt 1/4 cup butter in a heavy skillet; add 2 cups sugar, and cook over low heat, stirring constantly, until sugar melts and turns a deep-golden color. Carefully stir in pumpkin pulp (mixture will lump but become smooth with further cooking); cook, stirring constantly, until mixture is smooth. Spoon mixture into a bowl; chill 1 hour or until thoroughly chilled.
- Roll dough into an 18-by-15-inch oval on a floured surface; carefully transfer to a baking sheet (dough is very tender). Spoon pumpkin mixture over dough, leaving a 2-inch border. Gently

lift border, and fold over filling, pleating dough as necessary.

- Bake at 450 for 18 to 22 minutes or until crust is golden.
- Sprinkle warm tart with powdered sugar.
- Serve with Caramel Sauce, Nanci Courtney's Crem Anglaise, and whipped cream.

Nutrition Facts



Properties

Glycemic Index:23.27, Glycemic Load:49.03, Inflammation Score:-10, Nutrition Score:18.339130526004%

Flavonoids

Luteolin: 4.93mg, Luteolin: 4.93mg, Luteolin: 4.93mg, Luteolin: 4.93mg

Nutrients (% of daily need)

Calories: 653.21kcal (32.66%), Fat: 27.11g (41.7%), Saturated Fat: 16.92g (105.73%), Carbohydrates: 103.61g (34.54%), Net Carbohydrates: 101.6g (36.94%), Sugar: 77.19g (85.76%), Cholesterol: 73.25mg (24.42%), Sodium: 245.59mg (10.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.54%), Vitamin A: 26661.76IU (533.24%), Vitamin C: 27.53mg (33.38%), Potassium: 1100.83mg (31.45%), Manganese: 0.57mg (28.32%), Vitamin E: 4.04mg (26.93%), Vitamin B2: 0.4mg (23.48%), Copper: 0.43mg (21.6%), Phosphorus: 186.04mg (18.6%), Selenium: 10.8µg (15.43%), Iron: 2.66mg (14.76%), Folate: 57.56µg (14.39%), Vitamin B1: 0.17mg (11.53%), Magnesium: 45.42mg (11.35%), Vitamin B5: 1.13mg (11.32%), Calcium: 105.71mg (10.57%), Vitamin B3: 2.05mg (10.23%), Vitamin B6: 0.2mg (9.99%), Zinc: 1.22mg (8.13%), Fiber: 2.01g (8.05%), Vitamin K: 5.68µg (5.41%), Vitamin D: 0.67µg (4.48%), Vitamin B12: 0.14µg (2.4%)