

DESSERT

Cashew Tart

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
110 min	50 min	60 min	10	\$1.23	556 kcal



Cashew Tart takes about 1 hour and 50 minutes from beginning to end. This recipe serves 10 and costs \$1.23 per serving. One portion of this dish contains around 9g of protein, 29g of fat, and a total of 563 calories. If you have butter, sugar, sugar, and a few other ingredients on hand, you can make...

Ingredients

☐ 1 cup dark corn syrup	☐ 2 tablespoons dark rum
☐ 1 egg beaten with 1 cup ice water	☐ 1 egg yolk
☐ 4 eggs	☐ 1 tablespoon flour
☐ 1½ cups all-purpose flour	☐ 10 ounces cups roasted unsalted cashews
☐ ¾ cup sugar	☐ 1 tablespoon sugar
☐ 4 tablespoons unsalted butter, melted	☐ 8 tablespoons (1 stick) cold unsalted butter, cut into pea-sized bits

☐ 1 tablespoon vanilla extract

☐ 2 tablespoons water

EQUIPMENT Bowl, Frying pan, Oven, Blender, Aluminum foil, Tart form

Method

- 1 In a large bowl, stir the flour and sugar together. Using a pastry blender or your fingertips, work the butter into the mixture until it resembles coarse meal.
- 2 Sprinkle on 3 to 4 tablespoons of the eggy water, and mix it in with your fingers until the dough comes together into a ball. Working on a lightly floured surface, take egg-sized pieces of the dough and smear them away from you with the heel of your hand into 6-inch streaks. Scrape up all the streaks of dough and pile them on top of one another to form a disc. Wrap in plastic and refrigerate for at least 2 hours or overnight.
- 3 Set a rack in the middle of the oven and preheat to 400 degrees F. Lightly butter a 9 1/2-inch tart pan with a removable bottom.
- 4 On a lightly floured surface, roll the dough into an 11 1/2-inch circle. Fit the dough into the prepared pan. Trim the excess dough to a 1-inch overhang and double the dough over itself to reinforce the sides (save the trimmings for any emergency patchwork). Refrigerate for 20 minutes.
- 5 Line the tart shell with aluminum foil and weight down with dried beans or pie weights.
- 6 Bake for 20 minutes.
- 7 Remove the foil and bake for 5 minutes longer or until lightly browned. Patch any visible holes in the shell with the reserved dough scraps.
- 8 Brush the shell with Egg Wash and return to the oven for 5 more minutes, until the wash is shiny and no longer runny.
- 9 Transfer to a rack to cool and lower the oven temperature to 325 degrees F.
- 10 Spread the cashews in the partially baked shell and cover with the Cashew Filling, making sure the nuts are covered.
- 11 Bake for 30 minutes or until little bubbles appear around the edges of the tart and the center looks barely set.
- 12 Transfer to a rack to cool.
- 13 With a fork, mix together the water, flour, and egg yolk in a small bowl to make an egg wash. Cover and refrigerate.
- 14 In a large bowl, lightly beat the sugar and eggs together.

- 15 Add the corn syrup, rum, and vanilla and beat just to a blend.
- 16 Mix in the melted butter.

Nutrition per serving

556	9 g	29 g	67 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			12 g · 75% of daily needs
Fibre			1.4 g · 6% of daily needs
Sugar			44.4 g · 49% of daily needs
Sodium			86 mg · 4% of daily needs
Cholesterol			121 mg · 40% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/cashew-tart-147641