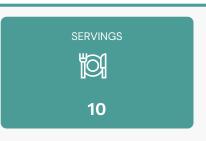


Chocolate-Caramel Macadamia Nut Tart



0.3 cup butter unsalted ()





DESSERT

Ingredients

	1 teaspoon vanilla extract
	0.3 cup water
Ec	uipment
	frying pan
	sauce pan
	oven
	kitchen thermometer
	aluminum foil
	ziploc bags
	kitchen scissors
	tart form
	pastry brush
	candy thermometer
Directions	
	or crust: Blend flour, powdered sugar, andsalt in processor.
	Add butter and cut inusing on/off turns until mixture resemblescoarse meal.
	Add 1 tablespoon ice waterand blend just until moist clumps form,adding more ice water by teaspoonfuls ifmixture is dry.
	Transfer dough to 9-inch-diametertart pan with removable bottom. Using lightly floured fingers, press dough firmly and evenly onto bottom and up sides of pan. Chill crust 1 hour.
	Position rack in center of oven and preheat to 375°F. Line crust with foil; fillwith dried beans or pie weights.
	Bake crustuntil pale golden around edges and sidesare set, about 20 minutes.
	Remove foiland beans; bake until crust is golden andcooked through, about 14 minutes.
	Transferto rack and cool crust completely in pan.
	Bring cream to simmer inheavy small saucepan.
	Remove from heat.

Add chocolate; stir until smooth.
Spoon 3 tablespoons ganache into 1corner of small resealable plastic bag andseal; set aside at room temperature forpiping.
Spread remaining ganache evenlyover bottom of crust.
Sprinkle choppedmacadamia nuts evenly over ganachelayer in crust. Freeze crust while preparingcaramel filling.
Combine sugarand 1/3 cup water in heavy mediumsaucepan. Stir over medium-low heatuntil sugar dissolves. Increase heat andboil without stirring until syrup is goldenamber, occasional brushing down sidesof pan with wet pastry brush and swirlingpan, about 8 minutes.
Remove pan fromheat.
Add cream and butter; stir untilany caramel bits dissolve and mixture issmooth. Attach cand thermometer toside of pan and bring mixture to boil overmedium-high heat. Boil without stirringuntil thermometer registers 240°F, about 2 1/2minutes longer.
Remove from heat.
Whiskin vanilla and salt.
Remove crust from freezer. Workingquickly, pour caramel filling into crust.Gently shake tart pan to allow filling tosettle evenly in crust. Cool completely atroom temperature, about 3 hours.
Remove crust from freezer. Workingquickly, pour caramel filling into crust.Gently shake tart pan to allow filling tosettle evenly in crust. Cool completely atroom temperature, about 3 hours.
Place reserved resealable plastic bagwith chocolate ganache in microwaveand heat in 5-second intervals just untilsmooth and pourable. Using scissors, cutoff very small tip from corner of bag withganache. Pipe ganache decoratively overcaramel filling in crosshatch pattern. Chilluntil chocolate is set, about 20 minutes.DO AHEAD: Can be made 2 days ahead.Cover and keep chilled. Bring tart to roomtemperature before serving.
Remove sides from tart pan.
Place tarton platter.
Cut into wedges and serve withvanilla ice cream, if desired.
Bon Appétit

Nutrition Facts

Properties

Glycemic Index:15.51, Glycemic Load:24.46, Inflammation Score:-5, Nutrition Score:10.670869522769%

Nutrients (% of daily need)

Calories: 523.59kcal (26.18%), Fat: 33.9g (52.15%), Saturated Fat: 13.23g (82.7%), Carbohydrates: 53.65g (17.88%), Net Carbohydrates: 49.67g (18.06%), Sugar: 38.59g (42.88%), Cholesterol: 27.01mg (9%), Sodium: 124.53mg (5.41%), Alcohol: 0.14g (100%), Alcohol %: 0.15% (100%), Caffeine: 19.5mg (6.5%), Protein: 4.75g (9.5%), Manganese: 1.27mg (63.34%), Vitamin B1: 0.36mg (24.14%), Copper: 0.47mg (23.4%), Magnesium: 71.4mg (17.85%), Fiber: 3.98g (15.92%), Iron: 2.83mg (15.71%), Phosphorus: 120.73mg (12.07%), Selenium: 7.5µg (10.71%), Vitamin B2: 0.14mg (8.09%), Vitamin B3: 1.47mg (7.33%), Potassium: 234.08mg (6.69%), Zinc: 1mg (6.69%), Vitamin A: 328.09IU (6.56%), Folate: 25.86µg (6.47%), Calcium: 43.91mg (4.39%), Vitamin B6: 0.08mg (3.81%), Vitamin E: 0.5mg (3.32%), Vitamin B5: 0.32mg (3.21%), Vitamin K: 2.45µg (2.33%), Vitamin D: 0.28µg (1.84%), Vitamin B12: 0.07µg (1.16%)