



Chocolate-Caramel Tart with Drunken Raspberries and Vanilla Crème Fraîche

READY IN



45 min.

SERVINGS



10

CALORIES



405 kcal

DESSERT

Ingredients

- ☐ 1 cup flour
- ☐ 5 ounces bittersweet chocolate chopped
- ☐ 3 tablespoons cacao nibs
- ☐ 10 servings crème fraîche
- ☐ 10 servings edible gold dust for garnish (optional;)
- ☐ 2 large egg yolk
- ☐ 1 cup cup heavy whipping cream
- ☐ 10 servings raspberries

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon sea salt finely fine
- ☐ 1 cup sugar
- ☐ 0.3 cup butter unsalted cut into 4 pieces ()
- ☐ 0.5 vanilla pod split
- ☐ 0.3 cup water

Equipment

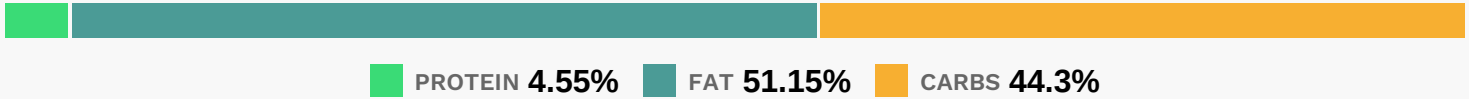
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ tart form
- ☐ pastry brush

Directions

- ☐ Position rack in center of oven; preheat to 375°F. Butter 9-inch tart pan with removable bottom. Blend flour, sugar, and salt in processor.
- ☐ Add 1/2 cup butter; process until mixture resembles coarse meal.
- ☐ Add egg yolks; process until moist clumps form.
- ☐ Add cocoa nibs; blend in using on/off turns. Press dough onto bottom and up sides of prepared pan.
- ☐ Bake until crust is golden brown, about 20 minutes. Cool in pan on rack while preparing caramel filling.
- ☐ Combine sugar and 1/4 cup water in heavy medium saucepan. Stir over medium-low heat until sugar dissolves. Increase heat to high and boil without stirring until mixture is deep amber, occasionally brushing down sides of pan with wet pastry brush and swirling pan, about 7 minutes.
- ☐ Remove from heat; add cream (mixture will bubble vigorously).

- ☐ Add butter and stir over low heat until caramel is completely smooth. Scrape in seeds from vanilla bean; stir in salt. Cool 10 minutes.
- ☐ Pour warm caramel into crust.
- ☐ Let stand at room temperature until completely cool, about 45 minutes.
- ☐ Bring cream to simmer in small saucepan.
- ☐ Remove from heat; add chocolate.
- ☐ Whisk until smooth.
- ☐ Let stand until slightly cooled but still pourable, about 10 minutes.
- ☐ Pour ganache evenly over caramel filling. Refrigerate tart uncovered until chocolate is firm, about 2 hours. do ahead Can be made 2 days ahead. Cover and refrigerate.
- ☐ Brush top of tart with gold dust, if desired.
- ☐ Cut tart into thin slices. Arrange 1 slice on each plate. Spoon berries and crème fraîche alongside.
- ☐ *Bits of shelled roasted cocoa beans; available at many specialty foods stores or from chocosphere.com.

Nutrition Facts



Properties

Glycemic Index:17.11, Glycemic Load:21.71, Inflammation Score:-6, Nutrition Score:10.102173981459%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 404.82kcal (20.24%), Fat: 23.52g (36.19%), Saturated Fat: 13.8g (86.24%), Carbohydrates: 45.83g (15.28%), Net Carbohydrates: 40.18g (14.61%), Sugar: 29g (32.22%), Cholesterol: 83.75mg (27.92%), Sodium: 189.58mg (8.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 4.71g (9.42%), Manganese: 0.68mg (34%), Fiber: 5.65g (22.61%), Vitamin C: 15.97mg (19.36%), Copper: 0.26mg (12.98%), Vitamin A: 642.35IU (12.85%), Selenium: 8.79µg (12.55%), Magnesium: 46.86mg (11.72%), Iron: 2.03mg (11.26%), Vitamin B2: 0.18mg (10.59%), Folate: 42.28µg (10.57%), Phosphorus: 105.3mg (10.53%), Vitamin B1: 0.14mg (9.02%), Vitamin E: 1.1mg (7.31%), Vitamin K: 7.1µg (6.76%), Potassium: 227.46mg (6.5%), Vitamin B3: 1.25mg (6.23%), Zinc: 0.9mg (5.99%), Calcium: 59.72mg (5.97%), Vitamin B5: 0.5mg (5.04%), Vitamin D: 0.65µg (4.33%), Vitamin B6: 0.07mg (3.43%), Vitamin B12: 0.16µg (2.75%)