



Chocolate Crostata

READY IN



65 min.

SERVINGS



8

CALORIES



546 kcal

DESSERT

Ingredients

- ☐ 2 cups flour all-purpose plus more for rolling out dough
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 cup heavy cream
- ☐ 8 servings ice cream sour
- ☐ 2 tablespoons ice water
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 lemon zest
- ☐ 0.5 orange zest

- ☐ 8 servings powdered sugar
- ☐ 1.3 cups bittersweet chocolate
- ☐ 1 stick butter unsalted cut into small pieces
- ☐ 1 cloves ground

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ double boiler

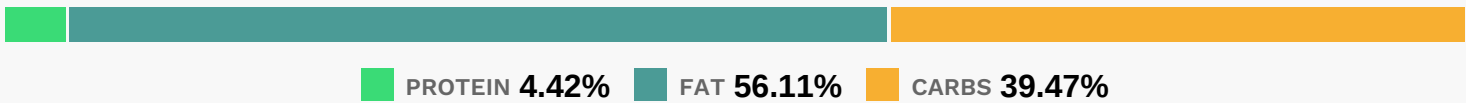
Directions

- ☐ Watch how to make this recipe.
- ☐ I love this because the crust is crunchy and buttery and it goes so well with the tartness of the chocolate.
- ☐ Ganache: In a small pot, over low heat, heat the cream with the cinnamon and orange zest. Use the pot of cream as the bottom of a double boiler and melt the chocolate, in a bowl, over the cream. When the chocolate has melted and the cream is heated, transfer the cream to a bowl and allow the chocolate and cream to cool slightly and separately. When somewhat warm, whisk the cream and the chocolate together to combine.
- ☐ Put the ganache in the refrigerator to cool.
- ☐ Crostata: In the bowl of a food processor, combine the flour, sugar, salt and lemon zest. Pulse the mixture to blend.
- ☐ Add the butter and continue pulsing to integrate and give the dough the consistency of a "gravel driveway."
- ☐ With the processor running, pour 2 tablespoons of ice water through the hole in the top of the machine and process until the dough looks like wet sand, adding more water if necessary,

until it finally gathers into a ball.

- ☐ Remove the dough from the food processor and flatten it between 2 pieces of floured parchment paper on a baking sheet. Chill and allow it to rest for about 30 minutes.
- ☐ Roll the dough out to 1/4-inch thickness and cut out 8 (5 1/2-inch) circles. Make sure you lightly flour under and over the dough as you roll it.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Brush any excess flour off the dough before putting a spoonful of the cooled ganache in the center of each circle. Fold the sides up around it, making the chocolate the center of a small "money purse." Arrange them in a single layer on a baking sheet and bake until golden brown, about 12 to 15 minutes.
- ☐ Remove from the oven to a serving platter. Put any remaining ganache in the cavities of the crostada.
- ☐ Serve immediately with sour cream, whipped cream, or ice cream, if desired. Sift some powdered sugar over the crostata and garnish with a pinch of ground cloves, if desired.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:22.03, Inflammation Score:-7, Nutrition Score:10.667391320933%

Nutrients (% of daily need)

Calories: 546.33kcal (27.32%), Fat: 34.34g (52.82%), Saturated Fat: 21g (131.26%), Carbohydrates: 54.35g (18.12%), Net Carbohydrates: 51.13g (18.59%), Sugar: 25.57g (28.42%), Cholesterol: 70.19mg (23.4%), Sodium: 159.25mg (6.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 23.52mg (7.84%), Protein: 6.08g (12.17%), Manganese: 0.59mg (29.41%), Selenium: 14.11µg (20.16%), Copper: 0.4mg (19.78%), Iron: 3.24mg (18%), Vitamin B1: 0.26mg (17.62%), Vitamin A: 848.79IU (16.98%), Folate: 59.31µg (14.83%), Magnesium: 58.38mg (14.6%), Vitamin B2: 0.24mg (13.91%), Phosphorus: 131.12mg (13.11%), Fiber: 3.22g (12.89%), Vitamin B3: 2.11mg (10.57%), Zinc: 1.06mg (7.04%), Potassium: 232.32mg (6.64%), Vitamin E: 0.83mg (5.5%), Calcium: 53.91mg (5.39%), Vitamin D: 0.71µg (4.75%), Vitamin K: 4.14µg (3.94%), Vitamin B5: 0.33mg (3.35%), Vitamin C: 2.17mg (2.63%), Vitamin B12: 0.14µg (2.3%), Vitamin B6: 0.04mg (1.95%)