



## Chocolate Custard Tartlets in Almond Cookie Crust with Saffron Ice Cream

READY IN



45 min.

SERVINGS



6

CALORIES



783 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 teaspoon double-acting baking powder generous ()
- ☐ 0.5 cup blanched slivered almonds
- ☐ 2 tablespoons cornstarch
- ☐ 1 large egg yolk
- ☐ 3 large egg yolks
- ☐ 1.3 cups flour all-purpose
- ☐ 6 servings mint sprigs fresh
- ☐ 0.3 teaspoon saffron threads crushed

- ☐ 5 ounces bittersweet chocolate chopped
- ☐ 2.5 tablespoons sugar
- ☐ 0.5 cup butter unsalted chilled cut into 1/2-inch cubes (1 stick)
- ☐ 0.8 teaspoon vanilla extract
- ☐ 1.5 pints whipped cream softened
- ☐ 2 tablespoons whipping cream
- ☐ 1.3 cups milk whole

## Equipment

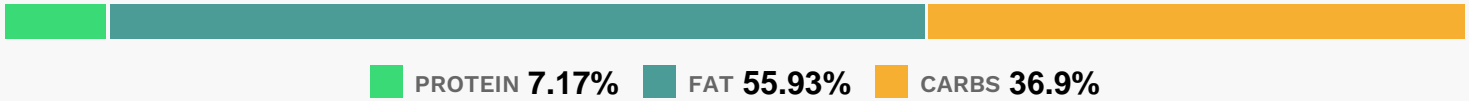
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave
- ☐ spatula

## Directions

- ☐ Combine cream and saffron in custard cup.
- ☐ Place in microwave oven and heat on high until cream is hot, about 30 seconds.
- ☐ Remove cup from microwave and let mixture steep at room temperature 1 hour.
- ☐ Place ice cream in medium bowl; add saffron mixture and stir with rubber spatula until well blended. Spoon ice cream into container; cover and freeze until firm, at least 6 hours and up to 3 days.
- ☐ Bring milk to simmer in heavy medium saucepan.
- ☐ Remove from heat; add chocolate and stir until melted and smooth. Cool 5 minutes.
- ☐ Whisk sugar and cornstarch in medium bowl to blend.

- ☐ Add yolks; whisk until blended (mixture will be thick). Gradually whisk warm chocolate mixture into yolk mixture until smooth. Return mixture to saucepan.
- ☐ Whisk constantly over medium heat until mixture thickens and starts to bubble, about 5 minutes.
- ☐ Remove from heat (mixture may look grainy; whisk vigorously until smooth).
- ☐ Whisk in butter and vanilla.
- ☐ Transfer pastry cream to bowl.
- ☐ Let cool at room temperature until lukewarm, stirring occasionally, about 20 minutes. Cover with plastic wrap and chill overnight. (Can be prepared 2 days ahead. Keep chilled.)
- ☐ Combine flour, almonds, sugar, and baking powder in processor; blend until almonds are very finely ground.
- ☐ Add butter; cut in using on/off turns until small crumbs form.
- ☐ Whisk cream and yolk in small bowl to blend; add to processor and blend just until moist clumps form. Gather dough together; divide dough into 6 equal pieces. Form each piece into ball. Press 1 dough ball evenly onto bottom and up sides of each of six 4 1/2-inch-diameter tartlet pans with removable bottoms. Trim any excess dough. Pierce crusts all over with fork. Cover and chill overnight.
- ☐ Preheat oven to 350°F.
- ☐ Bake crusts until golden and cooked through, about 25 minutes. Cool completely in pans on rack. (Can be prepared 8 hours ahead. Cover and store at room temperature.)
- ☐ Divide pastry cream among crusts (about scant 1/3 cup for each); spread evenly.
- ☐ Remove tartlet pan sides.
- ☐ Place 1 tartlet on each of 6 plates. Top with scoop of saffron ice cream.
- ☐ Garnish with mint sprigs and serve.

## Nutrition Facts



## Properties

Glycemic Index:67.68, Glycemic Load:35.44, Inflammation Score:-8, Nutrition Score:19.446956458299%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 782.95kcal (39.15%), Fat: 48.96g (75.32%), Saturated Fat: 26.59g (166.21%), Carbohydrates: 72.67g (24.22%), Net Carbohydrates: 68.25g (24.82%), Sugar: 42.12g (46.8%), Cholesterol: 228.69mg (76.23%), Sodium: 164.69mg (7.16%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Caffeine: 20.32mg (6.77%), Protein: 14.13g (28.26%), Vitamin B2: 0.64mg (37.81%), Phosphorus: 371.87mg (37.19%), Manganese: 0.69mg (34.51%), Calcium: 302.54mg (30.25%), Selenium: 21.05µg (30.07%), Vitamin A: 1350.46IU (27.01%), Magnesium: 96.83mg (24.21%), Copper: 0.47mg (23.51%), Vitamin E: 3.45mg (23.01%), Vitamin B1: 0.33mg (22.05%), Iron: 3.52mg (19.58%), Folate: 76.44µg (19.11%), Fiber: 4.42g (17.67%), Vitamin B12: 1.06µg (17.63%), Potassium: 566.26mg (16.18%), Zinc: 2.42mg (16.12%), Vitamin B5: 1.48mg (14.79%), Vitamin D: 1.81µg (12.06%), Vitamin B3: 2.28mg (11.39%), Vitamin B6: 0.16mg (8.16%), Vitamin K: 3.86µg (3.68%), Vitamin C: 1.06mg (1.29%)