



Chocolate-on-Chocolate Tart with Maple Almonds

READY IN



45 min.

SERVINGS



10

CALORIES



508 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds raw
- ☐ 10 ounces bittersweet chocolate 70% chopped (at least cacao)
- ☐ 0.5 cup maple sugar packed ()
- ☐ 1 large egg yolk
- ☐ 1.3 cups flour all-purpose plus more for rolling
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 3 tablespoons honey
- ☐ 0.5 teaspoon kosher salt

- ☐ 1 tablespoon maple syrup pure
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup butter unsalted cut into pieces ()
- ☐ 2 tablespoons cocoa powder unsweetened

Equipment

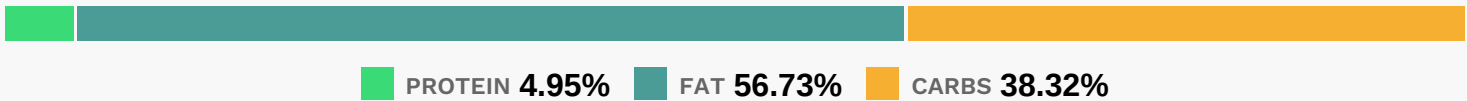
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ tart form

Directions

- ☐ Pulse cocoa powder, sugar, salt, and 1 1/4 cups flour in a food processor to combine.
- ☐ Add butter; pulse until mixture resembles coarse meal. Beat egg yolk and 3 tablespoons ice water in a small bowl; add to flour mixture and pulse until dough just comes together. Form into a 3/4"-thick disk, wrap tightly in plastic, and chill until firm, at least 2 hours.
- ☐ Preheat oven to 350°F.
- ☐ Roll out dough on a lightly floured surface to a 12" round.
- ☐ Transfer to tart pan; lift up edges and let dough slump down into pan, then gently press into edge of pan. Trim dough, leaving about a 1" overhang. Fold in overhang; press to adhere. Prick bottom with a fork. Chill in freezer 15 minutes.
- ☐ Line pie with parchment paper or heavy-duty foil, leaving a 1 1/2" overhang. Fill with pie weights or dried beans.

- ☐ Place on arimmed baking sheet and bake until crustis dry around the edges, about 30 minutes.
- ☐ Remove parchment and weights and bakeuntil crust is firm and looks dry all over, 5–10minutes longer.
- ☐ Transfer pan to a wire rackand let crust cool.
- ☐ DO AHEAD: Dough can be made 2 daysahead; keep chilled. Crust can be baked1 day ahead; store tightly wrapped at roomtemperature.
- ☐ Preheat oven to 350°F.Toast almonds on a rimmed baking sheet,stirring occasionally, until slightly darkened,6–8 minutes.
- ☐ Let cool.
- ☐ Bring almonds, maple sugar, maplesyrup, salt, and 1/4 cup water to a boil in amedium saucepan. Reduce heat and cook,stirring often, until mixture turns mahogany,about 5 minutes.
- ☐ Remove pot from heat and stir vigorouslyuntil almonds are coated with crystallizedsugar (they will look sandy).
- ☐ Spread out on aparchment-lined baking sheet; let cool, thencoarsely chop.
- ☐ DO AHEAD: Nuts can be candied 2 weeksahead. Store airtight at room temperature.
- ☐ Combine chocolate and butter in a large heatproof bowl. Bringcream, honey, and salt to a boil in a smallsaucepan, whisking to dissolve honey.
- ☐ Pourcream mixture over chocolate mixture; letstand 2 minutes.
- ☐ Whisk until chocolate ismelted and mixture is smooth.
- ☐ Pour fillinginto crust and chill until set, at least 4 hours.
- ☐ Top tart with maple almonds just before-serving.
- ☐ DO AHEAD: Tart can be made 2 daysahead; cover and keep chilled. Bring to roomtemperature before serving.

Nutrition Facts



Properties

Glycemic Index:30.69, Glycemic Load:20.34, Inflammation Score:-6, Nutrition Score:12.89304343773%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 507.91kcal (25.4%), Fat: 32.69g (50.29%), Saturated Fat: 17.92g (111.97%), Carbohydrates: 49.67g (16.56%), Net Carbohydrates: 45.7g (16.62%), Sugar: 30.64g (34.04%), Cholesterol: 72.6mg (24.2%), Sodium: 132.54mg (5.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 26.68mg (8.89%), Protein: 6.42g (12.85%), Manganese: 1.26mg (63%), Copper: 0.51mg (25.41%), Magnesium: 83.12mg (20.78%), Iron: 3.23mg (17.92%), Vitamin E: 2.51mg (16.75%), Vitamin B2: 0.28mg (16.64%), Phosphorus: 161.62mg (16.16%), Fiber: 3.97g (15.86%), Selenium: 10.35µg (14.79%), Vitamin A: 705.37IU (14.11%), Zinc: 2.03mg (13.51%), Vitamin B1: 0.16mg (10.66%), Potassium: 322.46mg (9.21%), Folate: 36.27µg (9.07%), Calcium: 80.85mg (8.09%), Vitamin B3: 1.48mg (7.4%), Vitamin D: 0.75µg (4.99%), Vitamin K: 3.66µg (3.49%), Vitamin B5: 0.35mg (3.48%), Vitamin B12: 0.15µg (2.52%), Vitamin B6: 0.05mg (2.4%)