

Chocolate Tart with a Bourbon Glaze and Pumpkin Whipped Cream

 **Gluten Free**  **Low Fod Map**

READY IN



40 min.

SERVINGS



10

CALORIES



228 kcal

DESSERT

Ingredients

- 1 tablespoon espresso grounds (or espresso if you don't want the bourbon flavor)
- 0.5 cup powdered sugar
- 3 large egg yolk
- 3 tablespoons granulated sugar
- 1 cup half and half
- 1 pinch salt
- 8 ounces bittersweet chocolate finely chopped

1 tablespoon butter unsalted melted

1 teaspoon vanilla extract

Equipment

food processor

bowl

sauce pan

oven

whisk

mixing bowl

plastic wrap

aluminum foil

tart form

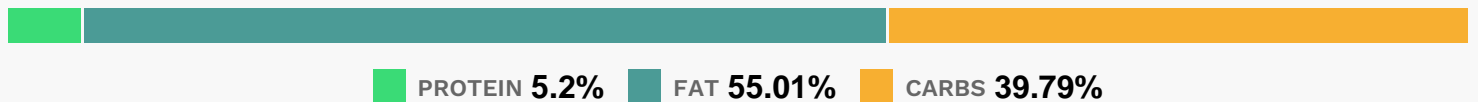
Directions

You can find this and many more recipes at <http://sallycooks.com>
<http://sallycooks.com/2013/11/22/chocolate-tart-with-a-bourbon-glaze-and-pumpkin-whipped-cream/>
What to do: make the crust: pulse the flour, confectioners' sugar and salt in a food processor until combined; add the butter and pulse until it is in pea-size pieces; drizzle in 2 tablespoons cold water and pulse until the dough just comes together; turn out onto a piece of parchment paper; form the dough into a disk; wrap tightly and refrigerate until firm, at least 1 hour or overnight; roll out the dough into a 12-inch round on a lightly floured surface, I used another piece of parchment on top; ease into a 9-inch tart pan if you have one or a pie dish; chill at least 30 minutes; preheat the oven to 350 degrees; line the crust with foil and fill with pie weights or dried beans; bake until golden around the edge, about 20 minutes; remove the foil and weights and continue baking until the crust is golden all over, 10 to 15 more minutes; transfer to a rack and let cool completely; make the filling: put the chocolate in a medium bowl; set aside; bring the milk to a simmer in a small saucepan over medium heat (you don't want it to boil); whisk the egg yolks, granulated sugar, vanilla and salt in a separate medium bowl; gradually whisk the hot milk into the egg mixture, then pour the mixture into the saucepan; reduce the heat to medium low and cook, stirring, until thick, about 1 minute; pour over the chocolate and let sit, undisturbed, 5 minutes; add the butter and whisk until smooth; pour the filling into the prepared crust and smooth into an even layer; cover loosely with plastic wrap and refrigerate until set, about 2 hours; make the

glaze:whisk the confectioners' sugar, butter and rum in a small bowl
drizzle over the tart

- Pumpkin Whipped Cream
- What to buy:1 cup heavy whipping cream1/4 cup confectioners' sugar1 teaspoon vanilla extract1 teaspoon cinnamon3 tablespoons pumpkin puree
- What to do:chill mixing bowl and beater in the freezer for 10 minutesbeat cream with sugar until soft peaks formadd vanilla, spices and pumpkin pureebeat to stiff peaks, about 1 to 2 minutes longer and spoon on top of tart, sprinkle with cocoa powder or cinnamon

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:2.51, Inflammation Score:-2, Nutrition Score:5.1517391723135%

Nutrients (% of daily need)

Calories: 227.87kcal (11.39%), Fat: 13.97g (21.49%), Saturated Fat: 7.9g (49.4%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 20.93g (7.61%), Sugar: 18.87g (20.96%), Cholesterol: 67.92mg (22.64%), Sodium: 23.76mg (1.03%), Alcohol: 0.14g (100%), Alcohol %: 0.27% (100%), Caffeine: 20.35mg (6.78%), Protein: 2.97g (5.94%), Manganese: 0.31mg (15.26%), Copper: 0.29mg (14.53%), Magnesium: 42.99mg (10.75%), Phosphorus: 102.24mg (10.22%), Iron: 1.59mg (8.84%), Selenium: 5.61µg (8.01%), Fiber: 1.81g (7.26%), Zinc: 0.82mg (5.44%), Vitamin B2: 0.09mg (5.2%), Potassium: 167.68mg (4.79%), Calcium: 47.02mg (4.7%), Vitamin A: 205.54IU (4.11%), Vitamin B12: 0.19µg (3.14%), Vitamin B5: 0.29mg (2.92%), Vitamin E: 0.36mg (2.39%), Folate: 8.22µg (2.05%), Vitamin D: 0.3µg (1.98%), Vitamin K: 2.08µg (1.98%), Vitamin B6: 0.04mg (1.89%), Vitamin B1: 0.02mg (1.57%), Vitamin B3: 0.24mg (1.2%)