



Chocolate tart with honeycomb



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



519 kcal

DESSERT

Ingredients

- ☐ 375 g sheets oats sweet
- ☐ 12 servings crème fraîche
- ☐ 12 servings butter for the baking tray
- ☐ 4 tbsp golden syrup
- ☐ 200 g sugar
- ☐ 1 tbsp baking soda
- ☐ 300 g chocolate dark finely chopped
- ☐ 300 ml double cream

- ☐ 3 large eggs

Equipment

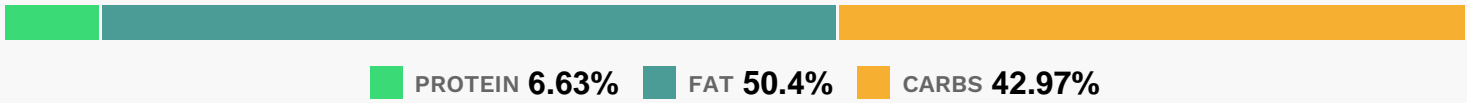
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ To make the honeycomb, butter a large baking tray and line with baking parchment. In a large saucepan, heat the golden syrup and caster sugar until the sugar is melted. Increase the heat and boil until it becomes a dark caramel, then remove from the heat and leave to cool for 2 mins.
- ☐ Add the bicarbonate of soda and whisk like mad; the bubbles will be extremely hot, so be careful not to splash any on you. Quickly pour onto the tray to set. Can be done to this stage 2 days ahead.
- ☐ Line a 23cm round, loose-bottomed tart tin with the pastry, leaving any extra overhanging the edges. Chill for 30 mins.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Line the pastry case with baking parchment, fill with rice or baking beans and bake for 15 mins.
- ☐ Remove the baking beans and parchment, and bake for another 5–7 mins until golden brown.
- ☐ Remove from the oven and turn it down to 140C/120C fan/gas
- ☐ To make the filling, put the chocolate in a bowl set over a pan of barely simmering water. Leave to melt without stirring too much.
- ☐ Put the cream in a small pan and bring to the boil.
- ☐ Whisk the eggs in a large bowl, then pour over the cream, mixing the whole time.
- ☐ Add the chocolate to the cream mixture along with a pinch of salt and mix well to combine.

- ☐
- Carefully pour the mixture into the tart case, place in the oven and switch it off. After 20 mins, remove and chill for at least 2 hrs to set.
- ☐
- Serve the tart in slices scattered with crumbled honeycomb, with crme frache on the side.

Nutrition Facts



Properties

Glycemic Index:20.51, Glycemic Load:24.51, Inflammation Score:-6, Nutrition Score:14.699565268081%

Nutrients (% of daily need)

Calories: 518.56kcal (25.93%), Fat: 29.4g (45.23%), Saturated Fat: 16.43g (102.67%), Carbohydrates: 56.4g (18.8%), Net Carbohydrates: 50.52g (18.37%), Sugar: 29.94g (33.27%), Cholesterol: 93.5mg (31.17%), Sodium: 341.05mg (14.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 20mg (6.67%), Protein: 8.7g (17.39%), Manganese: 1.63mg (81.36%), Copper: 0.58mg (28.94%), Magnesium: 104.69mg (26.17%), Phosphorus: 254.78mg (25.48%), Iron: 4.56mg (25.36%), Fiber: 5.88g (23.52%), Selenium: 15.92µg (22.74%), Zinc: 2.23mg (14.88%), Vitamin A: 646.65IU (12.93%), Vitamin B2: 0.2mg (11.61%), Vitamin B1: 0.16mg (11%), Potassium: 349.55mg (9.99%), Vitamin B5: 0.76mg (7.56%), Calcium: 71.59mg (7.16%), Vitamin E: 0.8mg (5.35%), Folate: 17.75µg (4.44%), Vitamin D: 0.65µg (4.35%), Vitamin B12: 0.26µg (4.25%), Vitamin B6: 0.08mg (3.79%), Vitamin K: 3.82µg (3.64%), Vitamin B3: 0.65mg (3.26%)