



## Cook the Book: Treacle Tart

READY IN



165 min.

SERVINGS



8

CALORIES



806 kcal

DESSERT

### Ingredients

- ☐ 2.3 cups breadcrumbs fresh
- ☐ 2 sticks butter cold cut into chunks
- ☐ 1 cup powdered sugar
- ☐ 1 cup golden syrup light
- ☐ 1 water with 1 tablespoon of water, for brushing the crust beaten
- ☐ 2 large egg yolk cold
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 cup cup heavy whipping cream cold
- ☐ 1 juice of lemon grated

- ☐ 8 servings pie crust dough
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

## Equipment

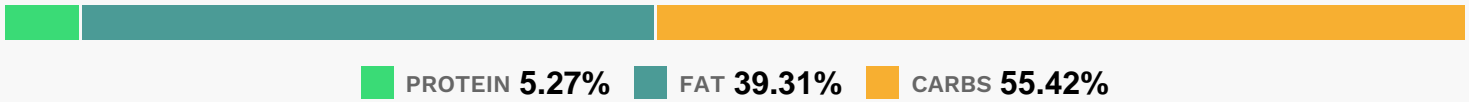
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ microwave
- ☐ spatula
- ☐ tart form
- ☐ pastry brush

## Directions

- ☐ For the crust, place the flour, confectioners' sugar, and salt in the bowl of a food processor and pulse to combine. Scatter the pieces of butter over the mixture. Pulse until the mixture resembles a coarse yellow meal without any white powdery bits remaining, about 20 pulses.
- ☐ Transfer the mixture to a large mixing bowl. Beat the egg yolks with cream and vanilla and pour them into the flour-butter mixture. Toss with a spatula until the dough clumps together. If the dough is too dry, add 1 more tablespoon of heavy cream (better too wet than too dry). Divide the dough in half, form into disks, wrap in plastic wrap, and chill for at least 2 hours or up to 3 days.
- ☐ Just before you are ready to roll out the dough, prepare the filling. Warm the golden syrup in a saucepan until it is runny, or microwave it for 1 minute.
- ☐ Combine the golden syrup, breadcrumbs, lemon zest, and lemon juice in a mixing bowl and mix well.
- ☐ Preheat the oven to 400°F.

- ☐ Remove the dough from the refrigerator. On a floured surface, roll out the larger disk into an 11-inch circle. Fold it into quarters, brush off excess flour with a pastry brush after each fold, then unfold it into a 9-inch tart pan, easing the sides gently into the pan and pressing the dough down into the fluted edges. Trim the dough even with the rim.
- ☐ Roll out the second disk 1/8-inch thick.
- ☐ Cut the dough into long strips for the lattice topping.
- ☐ Scrape the filling into the prepared crust and smooth the top with a rubber spatula.
- ☐ Lay half the strips of dough over the filling in one direction and the other half in the opposite direction to form a lattice. Trim the overhang. Gently brush the beaten egg over the lattice.
- ☐ Bake for 10 minutes, then reduce the temperature to 375°F and bake for another 25 minutes until the crust is browned and the filling puffs up in the center.
- ☐ Serve warm with custard or whipped cream.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:42.84, Inflammation Score:-7, Nutrition Score:14.093478280565%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 806.25kcal (40.31%), Fat: 35.16g (54.09%), Saturated Fat: 19.37g (121.05%), Carbohydrates: 111.51g (37.17%), Net Carbohydrates: 108.55g (39.47%), Sugar: 50.91g (56.57%), Cholesterol: 117.84mg (39.28%), Sodium: 642.25mg (27.92%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 10.61g (21.22%), Vitamin B1: 0.67mg (44.71%), Selenium: 25.16µg (35.95%), Manganese: 0.64mg (32.22%), Folate: 127.06µg (31.76%), Vitamin B3: 4.92mg (24.6%), Vitamin B2: 0.41mg (23.89%), Iron: 3.98mg (22.1%), Vitamin A: 913.47IU (18.27%), Phosphorus: 137.04mg (13.7%), Fiber: 2.96g (11.86%), Calcium: 84.89mg (8.49%), Copper: 0.16mg (7.83%), Vitamin E: 1.01mg (6.72%), Magnesium: 26.63mg (6.66%), Zinc: 0.96mg (6.41%), Vitamin B5: 0.61mg (6.13%), Vitamin K: 6µg (5.71%), Vitamin B6: 0.09mg (4.28%), Vitamin B12: 0.25µg (4.22%), Potassium: 147.71mg (4.22%), Vitamin D: 0.39µg (2.59%), Vitamin C: 1.51mg (1.83%)