



Cranberry Frangipane Crostata

 Vegetarian

READY IN



105 min.

SERVINGS



8

CALORIES



376 kcal

DESSERT

Ingredients

- ☐ 0.3 tsp almond extract
- ☐ 0.3 cup blanched almonds and finely
- ☐ 3 cups cranberries fresh
- ☐ 1 large eggs
- ☐ 1 large eggs with 1 tsp. water beaten
- ☐ 0.8 cup emmer farro flour
- ☐ 1 tablespoon emmer farro flour all-purpose
- ☐ 8 servings pastry

- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 pinch kosher salt
- ☐ 0.5 cup sugar divided
- ☐ 0.3 cup butter unsalted at room temperature
- ☐ 0.5 cup butter unsalted cold cut into cubes
- ☐ 0.3 teaspoon vanilla extract

Equipment

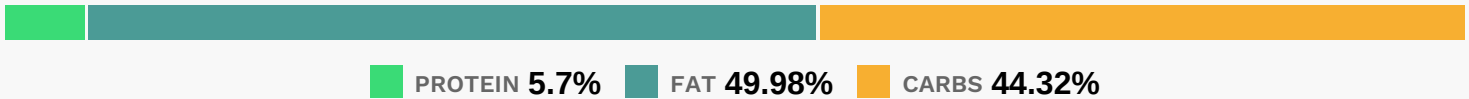
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ spatula

Directions

- ☐ Make pastry: In a food processor, pulse flours and salt to mix.
- ☐ Add butter and whirl 3 seconds.
- ☐ Drizzle in 1/3 cup ice water, pulsing until mixture comes together in a shaggy ball but still has bits of butter showing. Form into a disk, wrap airtight, and chill at least 2 hours.
- ☐ Make filling: Beat butter and 1/4 cup plus 2 tbsp. sugar in a bowl with a mixer on medium speed until light and fluffy. Switch to low speed, then blend in almonds, then egg, then flour, extracts, and salt until just combined.
- ☐ Stir together cranberries, remaining 1/4 cup sugar, and 1 tbsp. water in a medium bowl. Set aside.
- ☐ Roll pastry on a floured work surface into a 14-in. circle, turning pastry over and dusting with flour to prevent sticking. Trim edges, then transfer to a piece of parchment paper.

- ☐
- Spread frangipane over pastry, leaving a 3-in. border. Top frangipane with cranberries.
- ☐
- Fold border of dough up and over cranberries, pleating dough as you go (berries will be uncovered in center). Press on pleats to seal, then transfer crostata on parchment to a rimmed baking sheet. Chill 30 minutes (otherwise pastry will ooze).
- ☐
- Preheat oven to 37
- ☐
- Brush crust with egg wash.
- ☐
- Bake crostata until deep golden brown, about 45 minutes. Loosen from pan with a spatula while still hot.
- ☐
- Make ahead: Pastry, up to 1 day, chilled. Frangipane, up to 2 days, chilled airtight; return to room temperature before using. Or bake crostata 2 days ahead; keep chilled, then rewarm at 350 for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:40.14, Glycemic Load:17.38, Inflammation Score:-6, Nutrition Score:8.9904347813648%

Flavonoids

Cyanidin: 17.41mg, Cyanidin: 17.41mg, Cyanidin: 17.41mg, Cyanidin: 17.41mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.43mg, Peonidin: 18.43mg, Peonidin: 18.43mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 375.94kcal (18.8%), Fat: 21.4g (32.93%), Saturated Fat: 11.5g (71.86%), Carbohydrates: 42.69g (14.23%), Net Carbohydrates: 37.55g (13.65%), Sugar: 14.58g (16.2%), Cholesterol: 69mg (23%), Sodium: 167.85mg (7.3%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 5.49g (10.99%), Manganese: 0.57mg (28.69%), Fiber: 5.15g (20.59%), Selenium: 14.01µg (20.02%), Vitamin E: 2.31mg (15.39%), Vitamin A: 592.57IU (11.85%), Vitamin B1: 0.16mg (10.48%), Phosphorus: 102.38mg (10.24%), Vitamin B2: 0.17mg (9.98%), Vitamin B3: 1.89mg (9.44%),

Copper: 0.18mg (9.1%), Magnesium: 35.2mg (8.8%), Folate: 34.76µg (8.69%), Iron: 1.46mg (8.11%), Vitamin C: 5.25mg (6.36%), Zinc: 0.78mg (5.22%), Vitamin B6: 0.09mg (4.66%), Potassium: 145.37mg (4.15%), Vitamin K: 3.99µg (3.8%), Vitamin B5: 0.35mg (3.55%), Calcium: 31.66mg (3.17%), Vitamin D: 0.44µg (2.96%), Vitamin B12: 0.09µg (1.53%)