



Cream Tart with Oranges, Honey, and Toasted-Almond Crust

READY IN



45 min.

SERVINGS



8

CALORIES



326 kcal

DESSERT

Ingredients

- ☐ 0.8 cup flour
- ☐ 8 servings butter unsalted diced chilled melted for pan plus 6 tablespoons (3/4 stick)
- ☐ 4.5 teaspoons cornstarch
- ☐ 1 large egg yolk
- ☐ 3 large egg yolk
- ☐ 0.3 teaspoon gelatin powder plain unflavored
- ☐ 0.5 cup cup heavy whipping cream chilled
- ☐ 8 servings honey

- ☐ 3 cranberry-orange relish
- ☐ 0.8 teaspoon salt (scant)
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons water
- ☐ 0.8 cup almonds whole cooled toasted
- ☐ 1 cup milk whole

Equipment

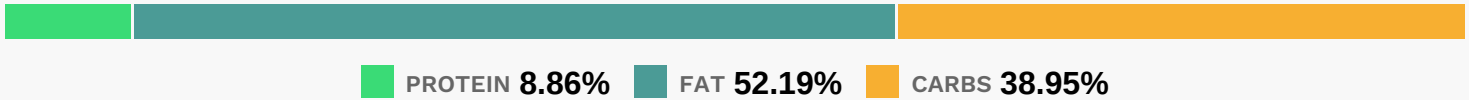
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ tart form

Directions

- ☐ Brush melted butter over bottom(not sides) of 9-inch-diameter tart pan withremovable bottom. Blend flour, almonds,sugar, and salt in processor until nuts arefinely ground.
- ☐ Add 6 tablespoons dicedbutter. Blend until mixture resembles coarsemeal.
- ☐ Add yolk. Blend until dough comestogether in moist clumps. Press doughevenly onto bottom and up sides of pan.Pierce dough all over with fork. Freeze untilfirm, at least 30 minutes. DO AHEAD: Can bemade 1 day ahead. Keep frozen.
- ☐ Preheat oven to 400°F.
- ☐ Bake crust untildeep golden brown (crust will puff slightly),about 18 minutes.
- ☐ Transfer crust to rack andcool completely.
- ☐ Place 2teaspoons water in small cup.
- ☐ Sprinklegelatin over.
- ☐ Let stand until gelatin softens,10 to 12 minutes.

- ☐ Whisk yolks, sugar, cornstarch, and orange peel in medium bowl to blend. Bring milk to simmer in heavy medium saucepan over medium heat. Gradually whisk hot milk into yolk mixture. Return to same saucepan.
- ☐ Whisk until custard thickens and boils, about 2 minutes.
- ☐ Remove from heat.
- ☐ Add gelatin mixture and whisk until dissolved and custard is smooth.
- ☐ Transfer custard to another medium bowl.
- ☐ Let cool to room temperature, stirring occasionally, about 30 minutes (custard will be very thick).
- ☐ Beat cream in medium bowl until peaks form.
- ☐ Whisk custard until smooth. Fold whipped cream into custard in 3 additions.
- ☐ Transfer filling to crust. Chill tart until filling sets, at least 3 hours and up to 8 hours.
- ☐ Cut 1/3 inch off top and bottom of each orange. Stand 1 orange on flat end.
- ☐ Cut off all peel and pith, following contour of fruit. Working over bowl, cut between membranes, releasing orange segments.
- ☐ Gently slide tip of small knife between crust and sides of pan to loosen crust. Push up tart pan bottom, releasing tart.
- ☐ Cut tart into wedges.
- ☐ Transfer to plates. Arrange several orange segments atop each wedge of tart; drizzle with honey and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 42.23, Glycemic Load: 16.47, Inflammation Score: -6, Nutrition Score: 11.797391308391%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 13.39mg, Hesperetin: 13.39mg, Hesperetin: 13.39mg, Hesperetin: 13.39mg Naringenin: 7.58mg, Naringenin: 7.58mg, Naringenin: 7.58mg, Naringenin: 7.58mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 325.51kcal (16.28%), Fat: 19.54g (30.06%), Saturated Fat: 7.91g (49.41%), Carbohydrates: 32.81g (10.94%), Net Carbohydrates: 29.61g (10.77%), Sugar: 19.14g (21.27%), Cholesterol: 123.02mg (41.01%), Sodium: 270.97mg (11.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Vitamin C: 26.26mg (31.83%), Vitamin E: 4.01mg (26.77%), Vitamin B2: 0.35mg (20.66%), Manganese: 0.41mg (20.59%), Phosphorus: 158.28mg (15.83%), Selenium: 10.78µg (15.4%), Folate: 55.41µg (13.85%), Vitamin B1: 0.2mg (13.17%), Fiber: 3.2g (12.78%), Vitamin A: 626.26IU (12.53%), Magnesium: 49.13mg (12.28%), Calcium: 117.71mg (11.77%), Copper: 0.19mg (9.61%), Potassium: 273.93mg (7.83%), Iron: 1.38mg (7.66%), Vitamin D: 1.03µg (6.88%), Vitamin B3: 1.37mg (6.85%), Vitamin B5: 0.65mg (6.53%), Zinc: 0.91mg (6.09%), Vitamin B12: 0.36µg (6.05%), Vitamin B6: 0.11mg (5.42%)