



## Crème Brûlée Tart

 Vegetarian

READY IN



1500 min.

SERVINGS



8

CALORIES



396 kcal

DESSERT

### Ingredients

- 4 large egg yolk
- 1.3 cups flour all-purpose
- 1.3 cups cup heavy whipping cream
- 3 tablespoons water
- 0.1 teaspoon salt
- 0.5 cup sugar divided
- 1 stick butter unsalted cold cut into 1/2-inch cubes
- 0.5 vanilla pod

- 1 large eggs whole
- 0.7 cup milk whole

## Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- sieve
- blender
- plastic wrap
- blow torch
- aluminum foil
- rolling pin
- measuring cup
- tart form

## Directions

- Whisk together flour, sugar, and salt in a large bowl (or pulse in a food processor). Blend in butter with your fingertips or a pastry blender (or pulse) until mixture resembles coarse meal with some roughly pea-size lumps of butter.
- Add 3 tablespoons water and stir into flour (or pulse) until incorporated.
- Gently squeeze a small handful of dough: If it doesn't hold together, add water, 1/2 tablespoon at a time, stirring (or pulsing) after each addition. Do not overwork dough or pastry will be tough.
- Turn out dough onto a lightly floured surface and divide into 8 portions. With heel of your hand, smear each portion once in a forward motion to help distribute fat. Gather dough into a

ball, then flatten into a 5-inch disk. Chill dough, wrapped in plastic wrap, until firm, at least 30 minutes.

- Preheat oven to 350°F with rack in middle.
- Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 13-inch round. Fit dough into tart pan and fold overhang inward to reinforce side. Chill until firm, about 30 minutes.
- Lightly prick bottom of shell all over with a fork, then line with parchment or foil and fill with pie weights.
- Bake until edge is pale golden and side is set, 20 to 25 minutes.
- Carefully remove weights and parchment and bake shell until golden, 10 to 15 minutes more.
- Remove tart shell from oven and reduce temperature to 300°F.
- While shell bakes, split vanilla bean lengthwise and scrape seeds into a heavy medium saucepan with tip of a paring knife.
- Add pod to saucepan with cream and milk.
- Heat over medium heat until hot, then let steep off heat 30 minutes.
- Whisk together yolks, whole egg, 6 tablespoons sugar, and salt in a quart measuring cup, then whisk into cream mixture until smooth. Strain through a fine-mesh sieve back into measuring cup.
- Put tart shell (in pan) in a 4-sided sheet pan. Put in oven, then pour custard into shell.
- Bake until just set but still slightly wobbly in center, 30 to 35 minutes (custard will continue to set as it cools).
- Remove tart from sheet pan and cool on a rack 30 minutes.
- Remove side of pan and cool to room temperature, about 1 hour more.
- Just before serving, sprinkle remaining 2 tablespoons sugar evenly over top of tart. Move blowtorch flame evenly back and forth just above top of tart, avoiding crust, until sugar is caramelized and slightly browned.
- Let stand 5 minutes before serving.
- Dough can be chilled 1 week. •Tart, without caramelized top, can be made 1 day ahead, then chilled (loosely covered once cool). Gently blot any moisture from surface before caramelizing.

## Nutrition Facts



■ PROTEIN 5.98% ■ FAT 64.3% ■ CARBS 29.72%

## Properties

Glycemic Index:22.89, Glycemic Load:19.87, Inflammation Score:-6, Nutrition Score:7.6056522506735%

## Nutrients (% of daily need)

Calories: 396.17kcal (19.81%), Fat: 28.66g (44.09%), Saturated Fat: 17.22g (107.65%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 29.27g (10.64%), Sugar: 14.67g (16.3%), Cholesterol: 189.88mg (63.29%), Sodium: 69.41mg (3.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Vitamin A: 1088.9IU (21.78%), Selenium: 15.02µg (21.45%), Vitamin B2: 0.28mg (16.18%), Folate: 53µg (13.25%), Vitamin B1: 0.19mg (12.69%), Phosphorus: 112.11mg (11.21%), Vitamin D: 1.61µg (10.76%), Iron: 1.29mg (7.19%), Manganese: 0.14mg (7.1%), Calcium: 70.65mg (7.07%), Vitamin B12: 0.41µg (6.91%), Vitamin E: 0.98mg (6.51%), Vitamin B5: 0.62mg (6.22%), Vitamin B3: 1.21mg (6.05%), Zinc: 0.6mg (4%), Vitamin B6: 0.07mg (3.74%), Potassium: 108.26mg (3.09%), Magnesium: 10.85mg (2.71%), Copper: 0.05mg (2.38%), Vitamin K: 2.38µg (2.26%), Fiber: 0.53g (2.11%)