



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: Og (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%)