

Damson Tartlets

 Vegetarian

READY IN



240 min.

SERVINGS



6

CALORIES



895 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup powdered sugar
- 3 large egg yolk
- 2.5 cups flour all-purpose
- 1 cup cup heavy whipping cream
- 0.5 teaspoon lemon zest grated
- 1 pound prune- cut to pieces
- 1 tablespoon sugar
- 1 bay leaves

- 0.5 pound butter unsalted cold cut into 1/2-inch cubes
- 0.5 vanilla pod split
- 2 tablespoons wine

Equipment

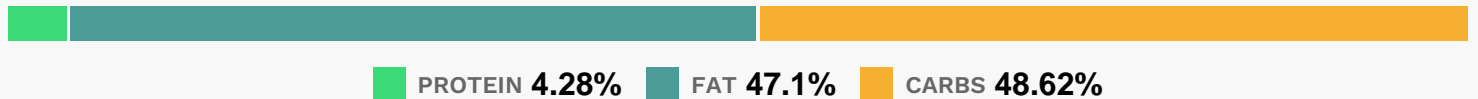
- food processor
- bowl
- sauce pan
- oven
- plastic wrap
- baking pan
- hand mixer

Directions

- Pulse flour, butter, and confectioners sugar in a food processor until it resembles coarse meal.
- Add egg yolks and pulse just until a dough forms.
- Transfer dough to a lightly floured surface and divide in half. Form each half into a 4-inch square (about 1 inch thick) and wrap in plastic wrap. Freeze until solid, at least 2 hours.
- Bring whole plums, sugar, wine, and bay leaf to a simmer in a heavy medium saucepan over medium-low heat, covered, stirring occasionally until sugar has dissolved (be careful juices don't boil over). Reduce heat to low and simmer, covered, stirring occasionally, until plums fall apart, about 30 minutes.
- Transfer to a bowl and chill, uncovered, until cold, then cover. Discard pits and bay leaf, then add a little confectioners sugar to taste if desired.
- Coarsely grate pastry from one frozen square into tartlet pans, dividing it evenly. (Reserve remaining dough for another use.) Press dough flakes into tartlet pans to line bottoms and sides evenly. Prick bottoms all over with a fork, then freeze tartlets until firm, at least 1 hour.
- Preheat oven to 425°F with rack in middle.
- Put tartlets in a shallow baking pan and put in oven. Turn oven temperature down to 400°F and bake until shells are golden all over, 15 to 18 minutes.
- Transfer tartlet pans to a rack to cool completely, then remove shells from pans.

- Put cream in a large bowl, then scrape seeds from vanilla bean into cream. Beat in sugar and zest with an electric mixer until cream just holds stiff peaks. Fold in about 2 tablespoons plum compote, then divide cream among tartlet shells.
- Serve topped with some of remaining compote (you will have a lot left over).
- If you can't find damson or prune plums, substitute the slightly sweeter red or black plums and use 2 tablespoons lemon juice in place of wine (for greater acidity).• Four-inch fluted tartlet pans are available at Bridge Kitchenware (212-688-4220; bridgekitchenware.com).• Pastry can be frozen up to 1 month.• Compote keeps, covered and chilled, 2 weeks.

Nutrition Facts



Properties

Glycemic Index:31.52, Glycemic Load:42.62, Inflammation Score:-9, Nutrition Score:19.38347815949%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 894.99kcal (44.75%), Fat: 48.1g (74%), Saturated Fat: 29.5g (184.37%), Carbohydrates: 111.73g (37.24%), Net Carbohydrates: 104.94g (38.16%), Sugar: 51.78g (57.54%), Cholesterol: 217.89mg (72.63%), Sodium: 22.19mg (0.96%), Alcohol: 0.51g (100%), Alcohol %: 0.27% (100%), Protein: 9.83g (19.67%), Vitamin K: 49.13µg (46.79%), Vitamin A: 2241.82IU (44.84%), Selenium: 24.35µg (34.79%), Vitamin B1: 0.47mg (31.5%), Vitamin B2: 0.54mg (31.49%), Manganese: 0.6mg (29.8%), Folate: 113.57µg (28.39%), Fiber: 6.8g (27.18%), Vitamin B3: 4.55mg (22.73%), Potassium: 669.48mg (19.13%), Iron: 3.43mg (19.08%), Phosphorus: 174.58mg (17.46%), Copper: 0.31mg (15.32%), Vitamin E: 1.82mg (12.12%), Magnesium: 46.96mg (11.74%), Vitamin B6: 0.23mg (11.29%), Vitamin D: 1.66µg (11.07%), Vitamin B5: 0.95mg (9.47%), Calcium: 87.57mg (8.76%), Zinc: 1.03mg (6.87%), Vitamin B12: 0.29µg (4.89%), Vitamin C: 0.91mg (1.11%)