



Dulce de Leche Torte (Volador)

READY IN



60 min.

SERVINGS



8

CALORIES



308 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon confectioners sugar
- ☐ 2 cups dulce de leche
- ☐ 12 large egg yolks
- ☐ 1.5 cups flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 8 servings accompaniment: naranjilla ice creamor vanilla ice cream
- ☐ 3 tablespoons water
- ☐ 1 teaspoon milk whole

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ kitchen towels

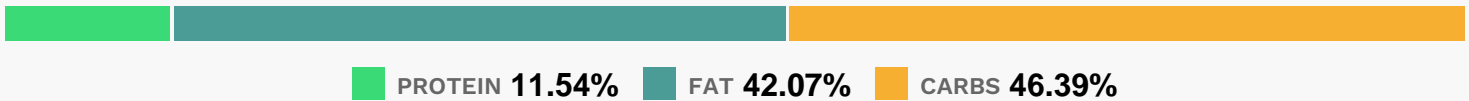
Directions

- ☐ Preheat oven to 400°F with rack in middle. Generously brush a large baking sheet with vegetable oil.
- ☐ Stir together yolks, milk, and salt.
- ☐ Put flour in a large bowl and make a well in center.
- ☐ Add yolk mixture to well and gently stir with a fork, gradually pulling in flour closest to egg mixture to make a paste. Knead in all of remaining flour with your hands to form a dough (dough will be very firm).
- ☐ Transfer dough to a work surface and knead, lightly dusting with additional flour as necessary, until smooth and elastic, 8 to 10 minutes.
- ☐ Flatten dough into a disk, then quarter and form each quarter into a ball.
- ☐ Keeping remaining dough covered with a kitchen towel (not terry cloth), firmly roll out 1 piece on a clean surface into a 12-inch round, lifting and turning dough as necessary. (Dough will be slightly sticky but will lift up easily; round will be very thin with uneven edges.)
- ☐ Transfer to baking sheet and bake until edge is golden and curls up, about 5 minutes. Carefully turn over and bake until cooked through and both sides are golden in some spots (lift to check), 3 to 4 minutes more.
- ☐ Transfer to a rack to cool.
- ☐ Repeat with remaining dough. (Pastry will overlap on racks.)
- ☐ Stir together dulce de leche and water in a bowl. If mixture is not spreadable, warm in a small heavy saucepan over medium-low heat, whisking until smooth. Thin with additional water if

necessary.

- ☐ Arrange 1 pastry layer on a serving plate and spread evenly with 2/3 cup filling. Repeat with 2 more pastry layers and remaining filling, stacking layers.
- ☐ Dust remaining pastry layer with confectioners sugar and arrange on top.
- ☐ To serve, cut or crack torte into portions using 2 large spoons.
- ☐ •Pastry rounds can be made 3 days ahead and kept in sealable bags at room temperature. •Torte, without confectioners sugar, can be assembled 2 hours ahead and kept, loosely covered with foil, at room temperature. Dust with confectioners sugar just before serving.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:22.17, Inflammation Score:-4, Nutrition Score:10.450434888187%

Nutrients (% of daily need)

Calories: 308.31kcal (15.42%), Fat: 14.27g (21.95%), Saturated Fat: 6.96g (43.53%), Carbohydrates: 35.4g (11.8%), Net Carbohydrates: 34.31g (12.48%), Sugar: 15.21g (16.9%), Cholesterol: 304.52mg (101.51%), Sodium: 102.38mg (4.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.61%), Selenium: 23.43µg (33.47%), Vitamin B2: 0.41mg (24.11%), Folate: 83.42µg (20.86%), Phosphorus: 194.69mg (19.47%), Vitamin B1: 0.26mg (17.08%), Vitamin A: 646.58IU (12.93%), Vitamin B12: 0.76µg (12.63%), Vitamin B5: 1.25mg (12.51%), Calcium: 121.86mg (12.19%), Iron: 1.84mg (10.24%), Vitamin D: 1.52µg (10.11%), Manganese: 0.18mg (8.97%), Zinc: 1.21mg (8.06%), Vitamin B3: 1.47mg (7.34%), Vitamin B6: 0.13mg (6.58%), Vitamin E: 0.87mg (5.8%), Potassium: 185.18mg (5.29%), Fiber: 1.09g (4.38%), Magnesium: 15.8mg (3.95%), Copper: 0.07mg (3.48%)