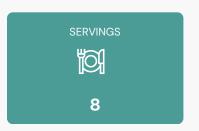


Fig and Sesame Tart with Cardamom Orange Cream

Vegetarian







DESSERT

Ingredients

0.8 teaspoon cinnamon
0.5 cup powdered sugar
4 large egg yolk
1.5 cups figs dried stemmed finely chopped
1.5 cups flour all-purpose
4.5 tablespoons granulated sugar

0.3 teaspoon ground cardamom

	1 cup cup heavy whipping cream
	2 tablespoons honey
	8 servings orange sections fresh
	1.5 teaspoons orange zest fresh finely grated
	1 tablespoon orange-flower water (preferably Mymouné)
	0.3 teaspoon salt
	3 tablespoons sesame seed toasted
	6 tablespoons butter unsalted cold cut into 1/2-inch cubes
	0.5 cup water
Eq	uipment
	food processor
	bowl
	baking sheet
	sauce pan
	baking paper
	oven
	knife
	plastic wrap
	hand mixer
	rolling pin
Di	rections
	Pulse together flour, confectioners sugar, and salt in a food processor until combined.
	Add butter and process until mixture resembles fine meal.
	Add 3 yolks (reserving the fourth for egg wash) and process until it forms a smooth dough, 2 to 3 minutes. (Don't worry about overworking dough.)
	Transfer dough to a work surface and gather into a ball, then divide into 3 equal pieces. Form one third of dough into a small disk, then form remaining dough into a larger disk. Chill disks,

each wrapped in plastic wrap, until firm, at least 1 hour.
Simmer figs, water, sugar, and cinnamon in a 1- to 2-quart heavy saucepan, uncovered, stirring occasionally, until mixture is thickened, 2 to 3 minutes. Stir in sesame seeds (3 tablespoons) and cook, stirring, 1 minute.
Remove from heat and stir in orange-flower water, then transfer filling to a bowl. Cool filling to room temperature, about 30 minutes.
Put oven rack in middle position and preheat oven to 350°F. Line a baking sheet with parchment paper and place flan ring in center.
Roll out larger disk of dough into an 11-inch round on a lightly floured surface with a floured rolling pin. (If dough is too firm to roll out, let stand at room temperature 5 minutes.) Fit dough into flan ring, pressing dough up side of ring (dough is very tender and tears easily; patch as needed; they will blend in during baking), then trim dough flush with top of ring. Spoon filling into crust and spread evenly.
Roll out remaining disk of dough into a 9-inch round on lightly floured surface with floured rolling pin. Gently lay round over filling, then roll rolling pin over top to trim. Patch if necessary
Beat together remaining yolk and cream (1 tablespoon) in a cup with a fork and brush some of egg wash over top crust, then chill until egg wash appears darker and is slightly tacky, about 3 minutes.
Brush with second coat of egg wash and chill again. Lightly score top with back of a small knife to make a decorative pattern and sprinkle with sesame seeds (1 teaspoon).
Bake tart until top is golden, 30 to 35 minutes.
Transfer tart on baking sheet to a rack and cool 10 minutes, then slide tart off parchment onto rack to cool. Gently remove ring.
While tart bakes, stir together cream, honey, zest, and cardamom in a medium bowl and chill, covered. Just before serving, beat cream mixture with an electric mixer until it holds soft peaks.
Serve tart, warm or at room temperature, with cream and oranges.
·Tart can be baked 1 day ahead and cooled completely, uncovered, then kept, covered, at room temperature.·Cream mixture, before beating, can be chilled up to 4 hours (whip just before serving).

Nutrition Facts

Properties

Glycemic Index:43.23, Glycemic Load:28.04, Inflammation Score:-8, Nutrition Score:14.057391311811%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.22mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 453.58kcal (22.68%), Fat: 23.5g (36.15%), Saturated Fat: 13.33g (83.34%), Carbohydrates: 57.7g (19.23%), Net Carbohydrates: 53.1g (19.31%), Sugar: 35.03g (38.92%), Cholesterol: 147.99mg (49.33%), Sodium: 88.39mg (3.84%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 6.45g (12.91%), Vitamin C: 49.5mg (60%), Folate: 89.61µg (22.4%), Vitamin B1: O.33mg (22.31%), Selenium: 15.41µg (22.02%), Vitamin A: 1090.18IU (21.8%), Manganese: 0.37mg (18.68%), Fiber: 4.6g (18.4%), Vitamin B2: 0.29mg (17.12%), Copper: 0.25mg (12.29%), Calcium: 121.08mg (12.11%), Iron: 2.1mg (11.67%), Phosphorus: 116.44mg (11.64%), Potassium: 350.31mg (10.01%), Vitamin B3: 1.99mg (9.94%), Vitamin B6: 0.18mg (9.05%), Magnesium: 35.54mg (8.88%), Vitamin B5: 0.81mg (8.1%), Vitamin D: 1.09µg (7.28%), Vitamin E: 0.97mg (6.49%), Zinc: 0.83mg (5.51%), Vitamin B1: 0.23µg (3.85%), Vitamin K: 3.96µg (3.77%)