



Fig and Sesame Tart with Cardamom Orange Cream

 Vegetarian

READY IN



4500 min.

SERVINGS



8

CALORIES



454 kcal

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 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

Equipment

- food processor
- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- knife
- plastic wrap
- hand mixer
- rolling pin

Directions

- 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



■ PROTEIN 5.51% ■ FAT 45.18% ■ CARBS 49.31%

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, Catechin: 0.71mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, 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 Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg 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 %: 0% (100%), Protein: 6.45g (12.91%), Vitamin C: 49.5mg (60%), Folate: 89.61µg (22.4%), Vitamin B1: 0.33mg (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 B12: 0.23µg (3.85%), Vitamin K: 3.96µg (3.77%)