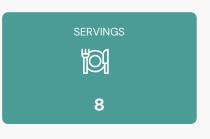


# French rhubarb tart

**Vegetarian** 







DESSERT

## Ingredients

700 g rhubarb ends trimmed thin
1 vanilla pod seeds removed and reserved
50 g sugar
0.5 juice of lemon
25 g almond flour
2 tbsp powdered sugar

140 g butter cold cubed

1 large egg yolk

	250 ml milk whole		
	4 large egg yolk		
	2 tbsp sugar		
	1 tbsp cornstarch		
	1 tbsp flour plain		
	100 ml double cream		
Eq	Equipment		
	food processor		
	bowl		
	frying pan		
	sauce pan		
	oven		
	knife		
	whisk		
	sieve		
	serrated knife		
	pastry brush		
Dir	Directions		
	Cut the rhubarb into 10.5cm batons, using pieces that are roughly the same width.		
	Put the vanilla pod, sugar, lemon juice and 300ml water (or enough to just cover the rhubarb) in a wide frying pan or shallow casserole set over a low heat. Once the sugar has dissolved, add the rhubarb and simmer for 5 mins.		
	Remove from the heat and leave to cool in the syrup, preferably overnight, or for at least 1 hr. This way your rhubarb should be perfectly cooked, but still hold its shape.		
	To make the pastry, put the flour, almonds, sugar and butter in a food processor. Blitz until the mixture resembles breadcrumbs. While the motor is running, add the egg yolk and dribble in 1–2 tbsp cold water. Tip onto a work surface and knead briefly to bring the mixture together to form a dough. Wrap in cling film and chill for 30 mins.		

eanwhile, whisk the egg yolks, sugar and flours together in a large bowl until pale. Continue		
hisking while you pour the hot milk over the egg mixture. Wipe out the saucepan and strain ne liquid back into the pan through a sieve. Set over a medium-low heat and stir ontinuously until the mixture has a thick custard consistency.		
crape into a clean bowl, cover the surface with cling film to prevent a skin from forming and nill for at least 1 hr or up to 2 days.		
emove the pastry from the fridge. If it is a little hard, leave it at room temperature to soften or 10 mins or so.		
coll out to 1mm thick on a lightly floured surface. Use the pastry to line a 12 x 35cm fluted ectangular tart tin, making sure you press the pastry into the fluted edges (you can use the lunt end of a knife to help you do this). Leave any excess pastry overhanging. Chill for 30 lins.		
eat oven to 200C/180C fan/gas		
emove the pastry case from the fridge, line with baking parchment and fill with baking beans ind-bake for 20 mins, then remove the parchment and beans, and continue baking for 8 ins more until pale golden and biscuity. Use a sharp serrated knife to trim off the verhanging pastry to give you a clean edge. Cool in the tin.		
emove the rhubarb pieces from their syrup and set aside. Return the syrup to the hob and oil until thick and sticky. Leave to cool slightly. To finish the crme patisserie, whisk the cream ntil it holds soft peaks and fold this into the chilled mixture. This is easier if you start by eating in a little cream and then folding in the remaining.		
emove the pastry case from the tin and put on a plate. Fill with the crme patisserie and mooth over the surface. Carefully line up the rhubarb down the length of the tart case, trying of fit them in quite snugly. Use a pastry brush to glaze the tart with the rhubarb syrup. Chill or 30 mins before serving. This tart will keep for 3 days in the fridge, however it is best eaten in the day it is made.		
Nutrition Facts		

## **Properties**

#### **Flavonoids**

Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.52mg, Epicatechin 3-gallate: 0.52mg, Epicatechin 3-gallate: 0.52mg, Epicatechin 3-gallate: 0.52mg, Epicatechin: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 310.31kcal (15.52%), Fat: 24.44g (37.6%), Saturated Fat: 13.66g (85.37%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 18.07g (6.57%), Sugar: 14.3g (15.89%), Cholesterol: 170.45mg (56.82%), Sodium: 137.03mg (5.96%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.81g (9.62%), Vitamin K: 27.44µg (26.13%), Vitamin A: 916.96IU (18.34%), Calcium: 148.05mg (14.8%), Selenium: 8.49µg (12.13%), Phosphorus: 99.02mg (9.9%), Vitamin B2: 0.16mg (9.62%), Vitamin C: 7.8mg (9.46%), Potassium: 331.26mg (9.46%), Manganese: 0.19mg (9.32%), Fiber: 1.95g (7.78%), Vitamin D: 1.13µg (7.53%), Vitamin B12: 0.43µg (7.18%), Vitamin E: 1.05mg (7.01%), Folate: 24.76µg (6.19%), Vitamin B5: 0.57mg (5.7%), Vitamin B1: 0.07mg (4.36%), Vitamin B6: 0.08mg (4.2%), Magnesium: 16.48mg (4.12%), Iron: 0.67mg (3.73%), Zinc: 0.52mg (3.46%), Vitamin B3: 0.37mg (1.86%), Copper: 0.03mg (1.56%)