



Fresh Fig Tart with Rosemary Cornmeal Crust and Lemon Mascarpone Cream

 Vegetarian  Popular

READY IN



4500 min.

SERVINGS



6

CALORIES



642 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 lb figs fresh
- ☐ 1.5 tablespoons rosemary leaves fresh finely chopped
- ☐ 1 tablespoon honey
- ☐ 4 tablespoons water
- ☐ 1.5 teaspoons lemon zest fresh finely grated
- ☐ 8 oz mascarpone cheese

- ☐ 2 tablespoons currant jelly
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup cream sour
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted cold cut into pieces
- ☐ 0.5 cup cornmeal yellow stone-ground (not)

Equipment

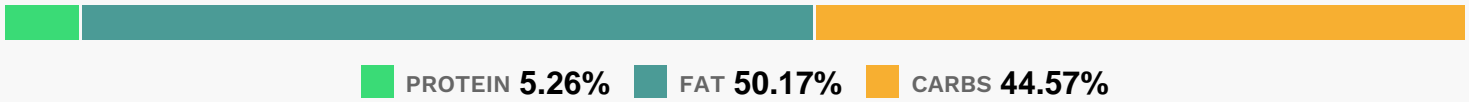
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ spatula
- ☐ rolling pin
- ☐ tart form

Directions

- ☐ Pulse together flour, cornmeal, sugar, and salt in a food processor.
- ☐ Add butter and rosemary and pulse until mixture resembles coarse meal with some small (roughly pea-size) butter lumps.
- ☐ Drizzle evenly with 4 tablespoons ice water and pulse until just incorporated.
- ☐ Gently squeeze a small handful: If it doesn't hold together, add more water, 1/2 tablespoon at a time, pulsing after each addition and continuing to test.
- ☐ Press dough evenly onto bottom and up sides of tart pan with floured fingers. Smooth dough with a small offset metal spatula or back of a spoon (floured if necessary), then roll a rolling pin over top of pan to trim dough flush with rim. Chill crust until firm, about 30 minutes.
- ☐ Preheat oven to 400°F.

- ☐ Bake crust in middle of oven until center and edges are golden, 25 to 30 minutes (don't worry if bottom of crust cracks), then cool in pan on a rack.
- ☐ Whisk together sour cream, mascarpone, sugar, zest, and salt in a bowl.
- ☐ Heat jelly and honey in a small saucepan over moderately low heat, whisking, until jelly is melted, about 4 minutes, then cool glaze slightly.
- ☐ Remove side of tart pan and spread mascarpone cream in shell.
- ☐ Cut figs lengthwise into 1/4-inch-thick slices and arrange decoratively over cream.
- ☐ Brush figs with honey glaze.
- ☐ · Crust can be made 1 day ahead and kept, covered, at room temperature. · Mascarpone mixture can be made 1 day ahead and chilled, covered. · Tart can be assembled 1 hour ahead and kept, loosely covered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:63.64, Glycemic Load:44.1, Inflammation Score:-8, Nutrition Score:11.540434676668%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg

Nutrients (% of daily need)

Calories: 641.72kcal (32.09%), Fat: 36.32g (55.88%), Saturated Fat: 21.86g (136.63%), Carbohydrates: 72.6g (24.2%), Net Carbohydrates: 67.02g (24.37%), Sugar: 33.67g (37.41%), Cholesterol: 86.01mg (28.67%), Sodium: 80.58mg (3.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.12%), Vitamin A: 1257.42IU (25.15%), Vitamin B1: 0.36mg (23.88%), Manganese: 0.46mg (22.8%), Fiber: 5.58g (22.33%), Selenium: 12.49µg (17.85%), Folate: 71.24µg (17.81%), Vitamin B2: 0.26mg (15.32%), Vitamin B3: 2.66mg (13.29%), Iron: 2.37mg (13.15%), Calcium: 119.75mg (11.97%), Vitamin B6: 0.23mg (11.53%), Magnesium: 42.95mg (10.74%), Potassium: 370.97mg (10.6%), Phosphorus: 95.49mg (9.55%), Copper: 0.17mg (8.69%), Vitamin K: 6.97µg (6.63%), Vitamin B5: 0.63mg (6.29%), Zinc: 0.88mg (5.86%), Vitamin E: 0.69mg (4.59%), Vitamin C: 3.74mg (4.53%), Vitamin D: 0.28µg (1.89%)