



Gooseberry-Blueberry Tartlettes

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



1091 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter for brushing tin per tartlet), plus extra (1 stick)
- ☐ 8 ounces butter very cold cut in small pieces (2 sticks)
- ☐ 2 pints blueberries dried
- ☐ 1 large egg white for egg wash
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups flour all-purpose
- ☐ 1 pint gooseberry washed and dried
- ☐ 8 servings ground cornmeal for sprinkling on tin finely

- ☐ 0.3 cup ice water or as needed
- ☐ 1 juice of lemon juiced
- ☐ 1 pinch nutmeg freshly grated
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 2 cups sugar

Equipment

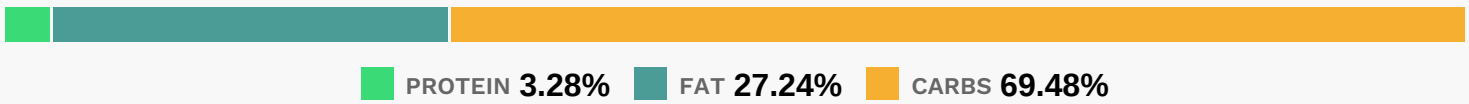
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Make the tart dough: Put in the work bowl of a food processor, the flour, butter, salt and sugar. Pulse quickly until the butter is the size of peas.
- ☐ Add very cold, ice water in a small stream until the dough just comes together. Empty the work bowl out onto waxed paper and halve the dough. Using the ends of the paper, shape into 2 balls. Wrap in plastic wrap and place in refrigerator until ready for use.
- ☐ Pour sugar in heavy skillet, cook over low heat until sugar turns a medium brown.
- ☐ Pour caramelized sugar in a 10-inch aluminum tin or silicone mat to cool and harden. After it is cooled, break into pieces of 1-to 1 1/2-inch big. Set aside, it will be used to bake with berries.
- ☐ Make fruit filling: In a large bowl, place cleaned gooseberries and blueberries.
- ☐ Pour lemon juice on top.
- ☐ Sprinkle sugar, flour and nutmeg on top of the berries (Be careful not to mix, just sprinkle on top, or fruit will be mushy if over-handled).
- ☐ To assemble tartlettes: Take 8 small pie tins, brush with butter and liberally sprinkle with cornmeal.

- ☐ Cut dough into 8 equal pieces and put 7 back in the refrigerator (must be kept cold) roll out the dough into a 4-inch circle, it should be quite thick, you don't want it too thin.
- ☐ Place disk in pie tin and repeat until all 8 are done.
- ☐ Place all 8 tarts on sheet pan.
- ☐ Preheat oven to 375 degrees F.
- ☐ Brush bottom of dough shell with egg whites. Gently scoop out the berries with the flour-sugar mixture on top into the shells.
- ☐ Place a piece of the caramelized sugar on top of berries. Fold up the sides in a circle, do not close up completely, leaving an opening. Put 1 tablespoon butter on top of each tartlette.
- ☐ Brush egg white on the exposed dough and bake for 45 minutes.
- ☐ Serve with confectioners' sugar dusted on top.

Nutrition Facts



Properties

Glycemic Index:76.72, Glycemic Load:65.35, Inflammation Score:-7, Nutrition Score:14.922608670981%

Flavonoids

Cyanidin: 5.16mg, Cyanidin: 5.16mg, Cyanidin: 5.16mg, Cyanidin: 5.16mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.46mg, Peonidin: 0.46mg, Peonidin: 0.46mg, Peonidin: 0.46mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Gallocatechin: 0.26mg, Gallocatechin: 0.26mg, Gallocatechin: 0.26mg, Gallocatechin: 0.26mg

Nutrients (% of daily need)

Calories: 1091.25kcal (54.56%), Fat: 33.24g (51.13%), Saturated Fat: 18.44g (115.22%), Carbohydrates: 190.7g (63.57%), Net Carbohydrates: 171.41g (62.33%), Sugar: 120.17g (133.53%), Cholesterol: 76.2mg (25.4%), Sodium: 557.73mg (24.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9g (18%), Fiber: 19.29g (77.17%), Potassium: 1096.27mg (31.32%), Iron: 4.35mg (24.18%), Vitamin B1: 0.34mg (22.88%), Vitamin C: 17.84mg (21.62%), Selenium: 14.85µg (21.21%), Vitamin A: 1057.61IU (21.15%), Manganese: 0.41mg (20.28%), Folate: 75.74µg (18.94%), Vitamin B2: 0.25mg (14.64%), Vitamin B3: 2.6mg (13.01%), Calcium: 90.23mg (9.02%), Phosphorus: 87.54mg (8.75%), Vitamin E: 1.11mg (7.37%), Magnesium: 26.33mg (6.58%), Copper: 0.13mg (6.32%), Vitamin B6: 0.13mg (6.28%), Zinc: 0.68mg

(4.54%), Vitamin B5: 0.44mg (4.4%), Vitamin K: 2.61µg (2.49%), Vitamin B12: 0.06µg (1.07%)