



WHATSheATE

Grape Tart



Vegetarian

READY IN



300 min.

SERVINGS



6

CALORIES



392 kcal

DESSERT

Ingredients

- ☐ 3 large egg yolks
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 0.5 pound sheets puff pastry frozen thawed ()
- ☐ 2 tablespoons red-currant jelly
- ☐ 4 cups grapes green red
- ☐ 2 teaspoons sugar
- ☐ 1.5 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla

☐ 1 cup milk whole

Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ sauce pan

☐ oven

☐ whisk

☐ wax paper

☐ spatula

Directions

☐ Whisk together yolks and 1/2 of sugar, then whisk in flour and a pinch salt. Stir together milk and remaining sugar in a heavy saucepan and bring just to a boil over moderate heat.

☐ Whisk 1/2 of hot milk into yolks to temper and whisk yolks into milk remaining in pan. Bring custard to a boil over moderate heat and boil, whisking constantly, until very thick.

☐ Remove from heat and stir in vanilla and butter until incorporated. Chill hot pastry cream in a bowl, its surface covered with a buttered round of wax paper, until cold, about 1 hour.

☐ Preheat oven to 425°F while pastry cream chills.

☐ Open puff pastry sheet on a lightly floured surface and roll out to a 14- by 12-inch rectangle. Quarter pastry to form 4 rectangles.

☐ Brush 1/3 inch of edges lightly with water and fold in borders.

☐ Brush off excess flour and press borders with back of a fork to seal.

☐ Brush borders lightly with water and sprinkle with sugar. Prick insides of shells all over with fork.

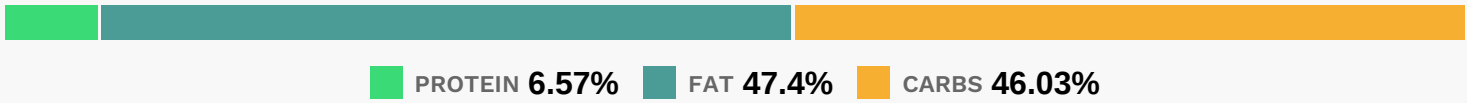
☐ Bake on a large baking sheet in middle of oven until crust is golden brown, 10 to 15 minutes, and transfer to a rack. Gently flatten puff pastry inside border to deflate, and cool completely.

☐ Halve and seed grapes if necessary. Melt jelly, stirring, and toss with grapes in a bowl.

☐ Spread pastry cream in shells with a spatula and top with grapes.

·Pastry cream may be made 1 day ahead and chilled.·Pastry shells can be baked 4 hours ahead, then cooled and kept, covered, at room temperature. If not making ahead, you'll want to bake pastry while cream is chilling.

Nutrition Facts



Properties

Glycemic Index:56.68, Glycemic Load:23.06, Inflammation Score:-3, Nutrition Score:9.642608580382%

Nutrients (% of daily need)

Calories: 391.56kcal (19.58%), Fat: 21g (32.3%), Saturated Fat: 7.07g (44.19%), Carbohydrates: 45.86g (15.29%), Net Carbohydrates: 44.23g (16.09%), Sugar: 22.55g (25.05%), Cholesterol: 104.21mg (34.73%), Sodium: 118.32mg (5.14%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Protein: 6.55g (13.09%), Selenium: 16.02µg (22.88%), Vitamin K: 21.22µg (20.21%), Vitamin B1: 0.28mg (18.9%), Vitamin B2: 0.3mg (17.71%), Manganese: 0.29mg (14.4%), Folate: 50.46µg (12.62%), Phosphorus: 122.56mg (12.26%), Vitamin B3: 2mg (10%), Iron: 1.74mg (9.68%), Copper: 0.19mg (9.51%), Potassium: 295.93mg (8.46%), Calcium: 77.56mg (7.76%), Vitamin B6: 0.15mg (7.6%), Vitamin A: 342.73IU (6.85%), Vitamin B12: 0.39µg (6.52%), Fiber: 1.63g (6.52%), Vitamin D: 0.96µg (6.39%), Magnesium: 19.5mg (4.88%), Vitamin E: 0.73mg (4.84%), Vitamin B5: 0.48mg (4.75%), Vitamin C: 3.81mg (4.62%), Zinc: 0.66mg (4.42%)