

## Hamersley's Bistro Tart Dough

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



141 kcal

### Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 4 tablespoons water
- ☐ 0.5 teaspoon kosher salt
- ☐ 10 tablespoons butter unsalted chilled cut into small cubes and well

### Equipment

- ☐ food processor
- ☐ oven
- ☐ mixing bowl
- ☐ blender

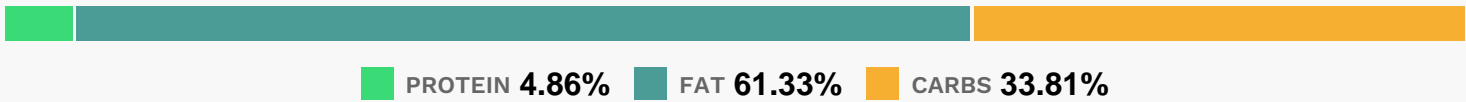
- ☐ plastic wrap
- ☐ aluminum foil

## Directions

- ☐ In a mixing bowl, combine the flour and the salt. Quickly cut the butter into the flour, using a pastry blender or your fingers, until the butter pieces are the size of large peas. (Alternatively, cut the butter into the flour by pulsing it 8 to 10 times in a food processor, being careful not to overheat and overmix the butter.)
- ☐ Dump the mixture out onto a clean surface and make a well in the center of the flour.
- ☐ Pour the ice water into the well. Using just your fingertips and working quickly, combine the flour mixture and the water. Work just until the water is absorbed. The dough will be ragged by should hold together when you squeeze it. If it seems dry, sprinkle on a few more drops of water.
- ☐ Form the dough into a log shape about 8 inches long and parallel to the edge of your work surface. With the heel of your hand, push down and away from you all along the line of the dough. With a pastry scraper, gather up the dough, shape it back into a log, and repeat the smearing action. This technique, known as *fraisage*, will form sheets of butter in the dough, creating a light crust almost like puff pastry.
- ☐ With the pastry scraper, gather the dough up into a ball; it's fine if the dough does not come together completely at this time. Wrap the dough well in plastic wrap, flatten it a bit, and let it rest in the refrigerator for at least a half hour before rolling. The dough will keep in the refrigerator for up to 2 days. You can also freeze the dough, well wrapped; allow it to defrost for a day in the refrigerator before using it.
- ☐ Roll and shape the dough according to your recipe's direction.
- ☐ TO BLIND-BAKE THE TART CRUST
- ☐ Heat the oven to 375°F. Line the mold with aluminum foil, and then fill the foil with baking weights, dried beans, or rice.
- ☐ Bake for 12 minutes.
- ☐ Remove the foil and beans and continue to bake until the crust is well browned.
- ☐ Remove from the oven and let the crust cool a bit before assembling your tart.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

# Nutrition Facts



## Properties

Glycemic Index:6.25, Glycemic Load:8.63, Inflammation Score:-3, Nutrition Score:2.6500000111435%

## Nutrients (% of daily need)

Calories: 140.52kcal (7.03%), Fat: 9.62g (14.79%), Saturated Fat: 6.02g (37.61%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 11.51g (4.18%), Sugar: 0.05g (0.05%), Cholesterol: 25.08mg (8.36%), Sodium: 98.74mg (4.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.43%), Vitamin B1: 0.12mg (8.22%), Selenium: 5.41µg (7.73%), Folate: 28.94µg (7.24%), Vitamin A: 291.55IU (5.83%), Manganese: 0.11mg (5.36%), Vitamin B2: 0.08mg (4.77%), Vitamin B3: 0.93mg (4.64%), Iron: 0.73mg (4.05%), Phosphorus: 19.67mg (1.97%), Vitamin E: 0.28mg (1.87%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.26%), Vitamin D: 0.17µg (1.17%)