



Honey-Pecan Tart with Chocolate Glaze

READY IN



240 min.

SERVINGS



16

CALORIES



424 kcal

DESSERT

Ingredients

- ☐ 7 ounces fine-quality bittersweet chocolate unsweetened finely chopped (not ; preferably Lindt)
- ☐ 0.8 cup heavy cream
- ☐ 0.3 cup mild honey
- ☐ 16 servings pastry dough
- ☐ 15 ounces pecan halves
- ☐ 0.8 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 cup milk whole

Equipment

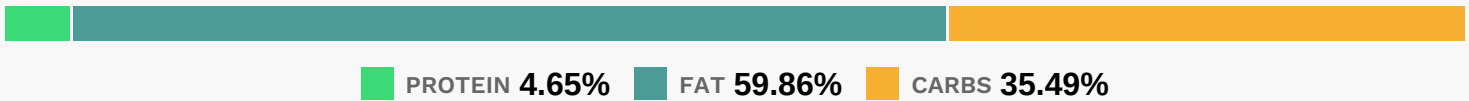
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ rolling pin
- ☐ tart form
- ☐ offset spatula

Directions

- ☐ Boil 4 cups pecans (reserve remaining 1/2 cup for garnish) with sugar, honey, cream, milk, and salt in a 4-quart heavy saucepan over moderately high heat, stirring occasionally, until liquid is golden, about 20 minutes (mixture will appear curdled at first, but then become thick and smooth).
- ☐ Remove from heat and transfer mixture to a shallow bowl, then cool completely, about 40 minutes.
- ☐ Roll out larger disk of dough (keep remaining piece chilled) between 2 large sheets of parchment paper or plastic wrap (or 2 overlapping sheets for each side if necessary) into a 13-inch round (1/8 inch thick), then remove parchment from top and invert dough into tart pan set on a baking sheet, pressing onto bottom and side of pan and leaving overhang. Chill shell at least 30 minutes.
- ☐ Roll out remaining disk between 2 large sheets of parchment or plastic wrap into a 12-inch round (1/8 inch thick) and chill on a baking sheet at least 30 minutes.
- ☐ Put oven rack in lower third of oven and preheat oven to 425°F.
- ☐ If nut filling is very firm, warm slightly in a saucepan over low heat until softened but not warm.

- ☐ Spread filling in tart shell, smoothing top.
- ☐ Brush overhang of bottom crust with water.
- ☐ Remove parchment from remaining round of dough and arrange round over tart filling, gently rolling a rolling pin along edge to seal and trim excess.
- ☐ Bake tart (in pan) on baking sheet until pastry is golden, 30 to 40 minutes. Cool in pan on a rack set on a large plate 15 minutes. Carefully remove side of pan and cool tart completely, about 2 hours.
- ☐ Put chopped chocolate in a shallow bowl. Bring cream just to a boil and pour over chocolate, then whisk gently (to avoid air bubbles) until chocolate is completely melted.
- ☐ Pour warm glaze over top of tart and gently spread with an offset spatula to evenly cover top, allowing chocolate to drizzle down side.
- ☐ Let tart stand until glaze is set, at least 30 minutes.
- ☐ Rinse reserved 1/2 cup pecans in a sieve, then pat dry and carefully shave very thin slices (less than 1/32 inch) using slicer, checking thickness of first shavings on a plate before starting to shave pecans directly onto tart. If you don't have a slicer, finely chop.
- ☐ •Filling can be made 4 days ahead and cooled completely, then chilled, covered. •Tart can be baked (but not glazed) 1 day ahead and cooled to room temperature, uncovered, then kept, wrapped in plastic wrap, at room temperature. Glaze and garnish before serving.

Nutrition Facts



Properties

Glycemic Index:13.02, Glycemic Load:15.67, Inflammation Score:-4, Nutrition Score:10.722173798343%

Flavonoids

Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg Delphinidin: 1.93mg, Delphinidin: 1.93mg, Delphinidin: 1.93mg, Delphinidin: 1.93mg Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epigallocatechin: 1.5mg, Epigallocatechin: 1.5mg, Epigallocatechin: 1.5mg, Epigallocatechin: 1.5mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3–gallate: 0.61mg, Epigallocatechin 3–gallate: 0.61mg, Epigallocatechin 3–gallate: 0.61mg, Epigallocatechin 3–gallate: 0.61mg

Nutrients (% of daily need)

Calories: 424.38kcal (21.22%), Fat: 29.34g (45.14%), Saturated Fat: 7.36g (46.01%), Carbohydrates: 39.13g (13.04%), Net Carbohydrates: 35.21g (12.8%), Sugar: 24.61g (27.34%), Cholesterol: 14.27mg (4.76%), Sodium: 208.33mg

(9.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.67mg (3.56%), Protein: 5.13g (10.27%), Manganese: 1.46mg (72.88%), Copper: 0.5mg (24.89%), Vitamin B1: 0.29mg (19.24%), Fiber: 3.92g (15.68%), Magnesium: 58.68mg (14.67%), Phosphorus: 134.57mg (13.46%), Iron: 2.11mg (11.75%), Zinc: 1.7mg (11.34%), Selenium: 7.09µg (10.13%), Vitamin B2: 0.14mg (8.35%), Potassium: 219.33mg (6.27%), Vitamin B3: 1.21mg (6.06%), Folate: 23.15µg (5.79%), Calcium: 45.74mg (4.57%), Vitamin A: 197.43IU (3.95%), Vitamin B5: 0.39mg (3.86%), Vitamin B6: 0.08mg (3.8%), Vitamin E: 0.57mg (3.78%), Vitamin K: 2.68µg (2.55%), Vitamin D: 0.26µg (1.75%), Vitamin B12: 0.08µg (1.36%)