



Lemon Cloud Tart with Rhubarb Compote

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



453 kcal

DESSERT

Ingredients

- 1.3 cups all purpose flour
- 0.8 cup crème fraîche
- 1 large egg yolk
- 4 large egg yolks
- 3 large eggs
- 0.5 cup hazelnuts toasted
- 0.8 cup heavy whipping cream chilled
- 0.5 cup juice of lemon fresh

- 1 tablespoon lemon zest finely grated
- 0.3 cup powdered sugar
- 8 servings rhubarb compote
- 0.3 teaspoon sea salt fine
- 3 tablespoons sugar
- 0.5 cup butter unsalted room temperature (1 stick)

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- sieve
- plastic wrap
- hand mixer
- spatula
- tart form

Directions

- Whisk yolks and eggs in medium bowl to blend.
- Combine lemon juice, butter, and 1/2 cup sugar in large metal bowl. Set bowl over saucepan of simmering water; whisk until butter melts and sugar dissolves. Gradually whisk 1/3 of hot butter mixture into eggs, then whisk mixture back into bowl with remaining butter mixture set over simmering water.
- Whisk constantly until custard thickens and thermometer inserted into mixture registers 180°F, about 5 minutes (do not boil).
- Pour lemon curd through strainer set over medium bowl.

- Place plastic wrap directly on surface of lemon curd; chill overnight. (Can be made 2 days ahead. Keep refrigerated.)
- Finely grind hazelnuts in processor. Using electric mixer, beat butter, powdered sugar, and lemon peel in medium bowl until well blended.
- Add yolk and beat until smooth. Beat in hazelnuts, then flour, and salt. Gather dough into ball; flatten into disk. Wrap in plastic and chill 1 hour.
- Preheat oven to 350°F.
- Roll dough out on floured surface to 12-inch round.
- Transfer to 9-inch-diameter tart pan with removable bottom; press crust onto bottom and up sides of pan; trim excess dough overhang. Chill 20 minutes.
- Bake crust until golden brown and cooked through, pressing with fork if crust bubbles, about 25 minutes. Cool crust in pan on rack. (Can be prepared 1 day ahead. Cover and store at room temperature.)
- Using electric mixer, beat whipping cream, crème fraîche, 3 tablespoons sugar, and lemon peel in large bowl until stiff peaks form.
- Spoon half of lemon curd and half of lemon crème fraîche into another large bowl. Using small rubber spatula, gently fold curd and lemon crème fraîche together, creating marble effect and being careful not to overmix to retain marbling. Spoon marbled mixture in dollops into cooled crust. Using tip of knife or small rubber spatula, swirl and pull mixture upwards in peaks. Repeat with remaining curd and crème fraîche mixture. Refrigerate tart at least 1 hour and up to 4 hours.
- Remove pan sides.
- Place tart on platter.
- Serve with rhubarb compote.

Nutrition Facts

PROTEIN 7.86% **FAT 64.72%** **CARBS 27.42%**

Properties

Glycemic Index:21.64, Glycemic Load:14.22, Inflammation Score:-7, Nutrition Score:14.233478131502%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 452.79kcal (22.64%), Fat: 33.27g (51.19%), Saturated Fat: 16.6g (103.77%), Carbohydrates: 31.73g (10.58%), Net Carbohydrates: 29.25g (10.64%), Sugar: 12.37g (13.74%), Cholesterol: 252.94mg (84.31%), Sodium: 121.84mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.09g (18.18%), Manganese: 0.73mg (36.63%), Selenium: 20.87µg (29.81%), Vitamin A: 1136.35IU (22.73%), Vitamin B2: 0.35mg (20.75%), Vitamin K: 21.16µg (20.15%), Folate: 78.57µg (19.64%), Vitamin B1: 0.25mg (16.9%), Phosphorus: 163.99mg (16.4%), Vitamin E: 2.41mg (16.09%), Vitamin C: 12.55mg (15.21%), Calcium: 130.12mg (13.01%), Iron: 2.08mg (11.53%), Copper: 0.2mg (10.2%), Vitamin D: 1.52µg (10.12%), Potassium: 353.7mg (10.11%), Fiber: 2.48g (9.91%), Vitamin B5: 0.98mg (9.79%), Vitamin B6: 0.16mg (8%), Vitamin B12: 0.48µg (7.99%), Magnesium: 31.65mg (7.91%), Vitamin B3: 1.54mg (7.72%), Zinc: 1.02mg (6.77%)