



Lemon Soufflé Tartlets with Sugared Almonds and Blackberry Sauce

 Dairy Free

READY IN



540 min.

SERVINGS



6

CALORIES



504 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups flour
- ☐ 0.5 cup almonds sliced
- ☐ 16 ounce blackberries frozen thawed
- ☐ 1 pinch kosher salt
- ☐ 2 teaspoons cornstarch
- ☐ 0.5 teaspoon cream of tartar
- ☐ 4 large egg whites

- ☐ 6 large egg yolk
- ☐ 0.5 cup juice of lemon fresh
- ☐ 10 tablespoons butter diced chilled () (such as nucoa)
- ☐ 0.7 cup powdered sugar packed ()
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 tablespoon water

Equipment

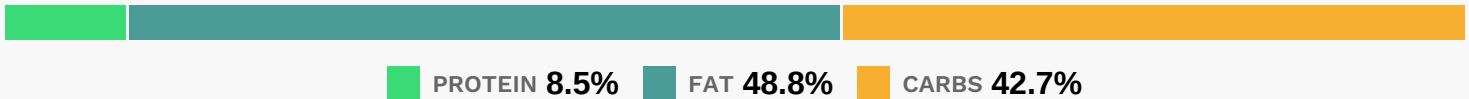
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Combine 1 cup sugar and cornstarch in medium saucepan; stir until no lumps remain. Gradually whisk in lemon juice, then egg yolks and salt.
- ☐ Add margarine. Cook over medium heat until curd thickens and boils, whisking constantly, 4 to 5 minutes.
- ☐ Transfer to bowl. Press plastic wrap directly onto surface. Chill until firm, at least 8 hours and up to 1 day.
- ☐ Preheat oven to 350°F. Scatter almonds on rimmed baking sheet.
- ☐ Sprinkle with 1/2 tablespoon water, then 1 tablespoon sugar; toss to coat.

- ☐ Bake almonds until golden and crisp, 5 to 6 minutes. Cool on baking sheet.
- ☐ Puree blackberries in blender. Press enough blackberry puree through strainer into bowl to measure 1 1/3 to 1 1/2 cups sauce; sweeten with 2 to 3 tablespoons sugar. DO AHEAD: curd, almonds, and sauce can be made 3 days ahead. Keep curd chilled. Cover and chill sauce. Store almonds airtight at room temperature.
- ☐ Preheat oven to 350°F.
- ☐ Combine flour, sugar, lemon peel, and salt in processor; blend 5 seconds.
- ☐ Add margarine and blend until moist clumps form. Gather dough into ball. Divide into 6 equal pieces. Press dough onto bottom and up sides of 4 1/2 x 3/4-inch tartlet pans with removable bottom; arrange pans on rimmed baking sheet.
- ☐ Bake crusts until golden, about 25 minutes (crusts may crack a bit). Cool on sheet. DO AHEAD: can be made 3 days ahead. Cover and place crusts in pans in freezer.
- ☐ For soufflé filling;
- ☐ Place 1 cup lemon curd in medium bowl. Using electric mixer, beat egg whites, cream of tartar, and pinch of coarse salt in another medium bowl until soft peaks form. Gradually add 1/4 cup sugar, beating until whites are stiff but not dry. Fold whites into lemon curd in 3 additions. Divide soufflé filling among crusts, mounding in center. Freeze until firm, at least 4 hours. DO AHEAD: can be made 3 days ahead. Cover and keep frozen.
- ☐ Preheat oven to 375°F. Push bottoms of pans up, releasing tartlets from pan sides. Arrange tartlets, still on pan bottoms, on rimmed baking sheet. Scatter 1 tablespoon sugared almonds over each tartlet.
- ☐ Bake tartlets until filling is puffed, golden brown, and no longer soft in center, about 20 minutes.
- ☐ Transfer tartlets to plates. Dust with powdered sugar, if desired.
- ☐ Drizzle some sauce around. Pass remaining sauce.

Nutrition Facts



Properties

Glycemic Index:30.02, Glycemic Load:22.04, Inflammation Score:-8, Nutrition Score:16.9030434567%

Flavonoids

Cyanidin: 75.75mg, Cyanidin: 75.75mg, Cyanidin: 75.75mg, Cyanidin: 75.75mg Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 28.11mg, Catechin: 28.11mg, Catechin: 28.11mg, Catechin: 28.11mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg, Epigallocatechin 3–gallate: 0.51mg Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 503.56kcal (25.18%), Fat: 27.87g (42.88%), Saturated Fat: 5.87g (36.71%), Carbohydrates: 54.87g (18.29%), Net Carbohydrates: 49.09g (17.85%), Sugar: 26.22g (29.13%), Cholesterol: 183.6mg (61.2%), Sodium: 370.26mg (16.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.93g (21.86%), Manganese: 0.87mg (43.46%), Selenium: 24.12µg (34.46%), Vitamin C: 23.79mg (28.84%), Vitamin E: 4.06mg (27.04%), Vitamin B2: 0.45mg (26.26%), Folate: 103.11µg (25.78%), Vitamin A: 1242.85IU (24.86%), Fiber: 5.78g (23.13%), Vitamin B1: 0.29mg (19.13%), Phosphorus: 160.2mg (16.02%), Vitamin K: 15.17µg (14.45%), Iron: 2.57mg (14.25%), Copper: 0.27mg (13.39%), Vitamin B3: 2.46mg (12.28%), Magnesium: 47.16mg (11.79%), Vitamin B5: 0.96mg (9.63%), Potassium: 335.25mg (9.58%), Zinc: 1.25mg (8.31%), Calcium: 78.76mg (7.88%), Vitamin B12: 0.37µg (6.24%), Vitamin D: 0.92µg (6.12%), Vitamin B6: 0.12mg (5.87%)