



Little blueberry cream tarts



Gluten Free



Popular

READY IN



45 min.

SERVINGS



20

CALORIES



165 kcal

DESSERT

Ingredients

- ☐ 100 g butter softened
- ☐ 100 g golden caster sugar
- ☐ 100 g blanched hazelnut finely
- ☐ 250 g mascarpone cheese
- ☐ 2 tbsp milk
- ☐ 3 tbsp lemon curd good organic traditional (Duchy Originals is especially)
- ☐ 25 g golden caster sugar
- ☐ 250 g punnets blueberry

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ wooden spoon

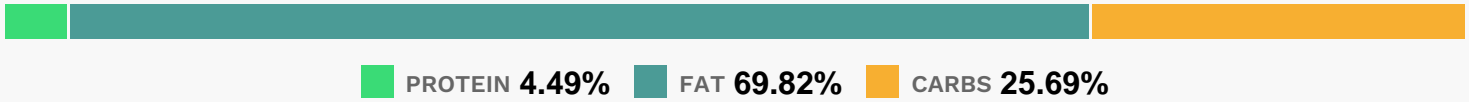
Directions

- ☐ Preheat the oven to fan 160C/ conventional 180C/gas
- ☐ Lightly butter two 12-hole bun tins (no need if using non-stick). Beat the butter and sugar together with a wooden spoon for a minute or two until soft and creamy.
- ☐ Mix in the hazelnuts.
- ☐ Put a heaped teaspoon of the mixture into each tart tin.
- ☐ Bake for about 10 minutes until golden and risen slightly up the sides of each tin. Leave to cool in the tins for about 5 minutes or until the mixture is firm enough to remove, then ease each tart from the tins with a small knife and put on to a sheet of kitchen paper as the bases are quite buttery. (The tart cases can be made up to 1 day ahead to this stage and stored in an airtight tin in a cool place.)
- ☐ For the blueberries, put the sugar in a small pan with 1 tbsp water. Put over a low heat until the sugar has dissolved, then turn up the heat a bit and bubble gently until syrupy, about 30 seconds only. Take off the heat and tip in the blueberries. Stir gently just to coat the berries in the syrup you want to keep them whole then leave to cool.
- ☐ Beat the mascarpone with enough milk to make a soft creamy mixture, a bit like whipped cream. Lightly stir in the lemon curd so it ripples it looks nice if its not fully stirred in. You now have a choice. For a teatime treat: Spoon a little of the mascarpone mixture into each tart case, then spoon over a few of the syrupy blueberries. For a pretty dessert: Spoon half of the syrupy blueberries into a bowl and set aside. Cook the ones left in the pan gently for a few minutes just to burst and soften the berries you will get lots of juices. Using a wooden spoon, press them through a sieve into a bowl to make a sauce. Cool. Ripple a spoonful of the sauce into the mascarpone mixture, then spoon a little into each tart case. Pile the whole syrupy blueberries on top. Do this no more than an hour ahead less on a warm day, as they soften.

For each serving, put 3 of the tarts in the middle of a plate and spoon over a little sauce.

☐ Serve the rest of the sauce separately.

Nutrition Facts



Properties

Glycemic Index:7.15, Glycemic Load:0.69, Inflammation Score:-3, Nutrition Score:2.8060869490323%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Petunidin: 3.94mg, Petunidin: 3.94mg, Petunidin: 3.94mg, Petunidin: 3.94mg Delphinidin: 4.43mg, Delphinidin: 4.43mg, Delphinidin: 4.43mg, Delphinidin: 4.43mg Malvidin: 8.45mg, Malvidin: 8.45mg, Malvidin: 8.45mg, Malvidin: 8.45mg Peonidin: 2.54mg, Peonidin: 2.54mg, Peonidin: 2.54mg, Peonidin: 2.54mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 164.82kcal (8.24%), Fat: 13.07g (20.11%), Saturated Fat: 6.49g (40.58%), Carbohydrates: 10.82g (3.61%), Net Carbohydrates: 10.03g (3.65%), Sugar: 9.31g (10.34%), Cholesterol: 23.43mg (7.81%), Sodium: 50.02mg (2.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Manganese: 0.35mg (17.74%), Vitamin E: 0.94mg (6.25%), Vitamin A: 310.13IU (6.2%), Copper: 0.1mg (4.8%), Vitamin K: 3.48µg (3.31%), Calcium: 32.18mg (3.22%), Fiber: 0.79g (3.16%), Vitamin B1: 0.04mg (2.52%), Magnesium: 9.74mg (2.44%), Vitamin B6: 0.04mg (1.91%), Phosphorus: 18.97mg (1.9%), Vitamin C: 1.53mg (1.85%), Iron: 0.32mg (1.75%), Folate: 6.61µg (1.65%), Potassium: 55.39mg (1.58%), Zinc: 0.16mg (1.03%)