

Mocha Tartlets

READY IN



300 min.

SERVINGS



24

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 oz bittersweet chocolate unsweetened finely chopped (not)
- ☐ 1.5 tablespoons cornstarch
- ☐ 1 large eggs lightly beaten
- ☐ 2 large egg yolk
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon espresso powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 tablespoon rum / brandy / coffee liqueur

- ☐ 0.5 cup butter unsalted softened
- ☐ 0.5 teaspoon vanilla
- ☐ 0.8 cup milk whole

Equipment

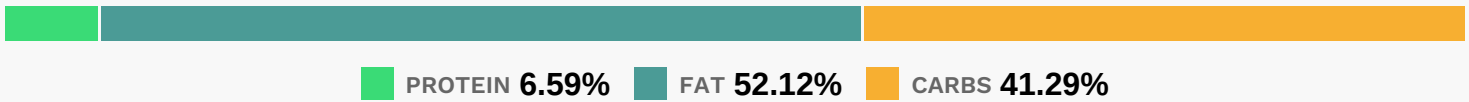
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer
- ☐ wax paper
- ☐ pastry bag

Directions

- ☐ Beat together yolks, sugar, cornstarch, and a pinch of salt in a bowl with an electric mixer until thick and pale, about 1 minute.
- ☐ Heat milk in a 2-quart heavy saucepan over moderate heat until hot but not boiling.
- ☐ Add one third of hot milk to yolk mixture in a slow stream, whisking constantly.
- ☐ Pour remainder of milk into yolk mixture, whisking, then transfer to saucepan. Simmer, whisking constantly, until very thick, 1 1/2 to 2 minutes.
- ☐ Remove from heat and add chocolate, liqueur, butter, and espresso powder.
- ☐ Let stand until chocolate is melted, about 1 minute, then whisk until smooth. Force custard through a fine sieve into a bowl. Cover surface of custard with wax paper and chill until cold, at least 4 hours.

- ☐ Pulse together flour, sugar, salt, butter, egg, and vanilla in a food processor until dough is smooth and begins to form a ball (it will be soft, like cookie dough). Turn out dough onto a sheet of plastic wrap and gather into a ball. Flatten dough into a disk and chill, wrapped in plastic wrap, until firm, at least 30 minutes and up to 8 hours (overnight).
- ☐ Preheat oven to 350°F.
- ☐ Break off 1-teaspoon pieces of dough and press evenly into molds with floured fingers to form shells about 1/16 inch thick, pinching off excess from rim and making bottoms slightly thinner than sides. Arrange molds 1 inch apart in a shallow baking pan and chill until dough is firm again, about 30 minutes.
- ☐ Bake in middle of oven, rotating pan halfway through baking, until pale golden, 12 to 15 minutes total.
- ☐ Transfer molds to a rack to cool, then carefully remove shells from molds. Make more tartlet shells in same manner if desired.
- ☐ Fill pastry bag with custard and pipe decoratively into shells.
- ☐ • Custard can be made 1 day ahead and chilled, covered. • Tartlet shells can be baked 3 days ahead and kept at room temperature in an airtight container. • Tartlets can be assembled 2 hours ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:5.67, Inflammation Score:-1, Nutrition Score:2.1669565387394%

Nutrients (% of daily need)

Calories: 97.46kcal (4.87%), Fat: 5.63g (8.67%), Saturated Fat: 3.3g (20.64%), Carbohydrates: 10.04g (3.35%), Net Carbohydrates: 9.67g (3.52%), Sugar: 4.2g (4.67%), Cholesterol: 34.27mg (11.42%), Sodium: 55.99mg (2.43%), Alcohol: 0.1g (100%), Alcohol %: 0.43% (100%), Caffeine: 3.34mg (1.11%), Protein: 1.6g (3.2%), Selenium: 4.07µg (5.81%), Vitamin B1: 0.06mg (3.98%), Manganese: 0.08mg (3.95%), Folate: 15.1µg (3.78%), Vitamin B2: 0.06mg (3.71%), Vitamin A: 163.39IU (3.27%), Phosphorus: 31.86mg (3.19%), Iron: 0.53mg (2.96%), Vitamin B3: 0.43mg (2.14%), Copper: 0.04mg (2.14%), Vitamin D: 0.27µg (1.82%), Magnesium: 7.08mg (1.77%), Vitamin B12: 0.1µg (1.66%), Calcium: 16.08mg (1.61%), Fiber: 0.37g (1.48%), Vitamin B5: 0.14mg (1.44%), Zinc: 0.2mg (1.36%), Vitamin E: 0.19mg (1.27%), Potassium: 39.03mg (1.12%)