



Orange Tartlets with Lavender Meringue

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



469 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 oz confectioners' sugar for dusting plus more
- ☐ 3 large egg whites
- ☐ 4 large egg yolks
- ☐ 3 large eggs
- ☐ 0.5 teaspoon lavender flowers dried whole for decoration
- ☐ 1 teaspoon ground lavender flowers dried
- ☐ 1 lemon zest
- ☐ 1 thin-skinned orange such as valencia

- ☐ 1 pinch salt
- ☐ 0.3 teaspoon sea salt
- ☐ 3.5 oz sugar
- ☐ 10 oz unbleached flour all-purpose
- ☐ 2 oz butter unsalted room temperature

Equipment

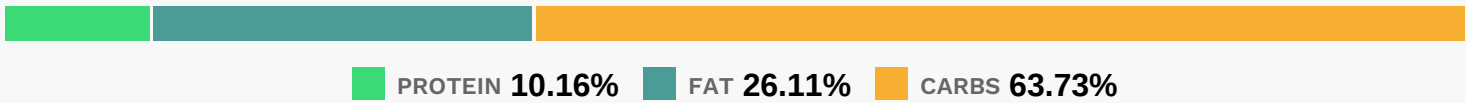
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ stand mixer
- ☐ pastry bag

Directions

- ☐ Combine flour, sugar, and salt in a food processor.
- ☐ Add butter pieces and process until mixture resembles coarse sand.
- ☐ Add egg yolks and process until the dough comes together. Do not overwork. Turn out dough onto a floured surface and shape into a disk. Wrap in plastic wrap, and refrigerate for at least two hours or up to a day. For the citrus filling: Leaving the skin on, quarter the lemon and orange and remove any seeds.
- ☐ Place fruit, sugar and salt in food processor and process until citrus is evenly ground with sugar.
- ☐ Add eggs and butter and process until fairly smooth.
- ☐ Transfer to a container and refrigerate for at least an hour or up to a day. To make the tarts: Preheat oven to 375 degrees F. Butter six 4-inch tartlet molds.

- ☐ Roll out dough on a floured surface about 1/8 inch thick.
- ☐ Cut out six 6-inch circles with a sharp knife and fit into the molds. Prick dough with a fork. Trim off excess pastry around the mold edges and refrigerate for 30 minutes to chill.
- ☐ Cut six 7-inch squares of foil and line the tart shells with the foil, shiny side down. Fill molds with dry beans or pie weights.
- ☐ Bake for 10 minutes, until dough has firmed up.
- ☐ Remove foil and beans, and bake another 5 to 10 minutes, until shells are light golden in color. Divide citrus filling among the tarts shells and bake until custard has puffed slightly and lightly browned, about 20 minutes.
- ☐ Remove from oven and let cool on wire rack for 10 minutes. Leave oven on. For the meringue: While the tarts are baking, combine egg whites and salt in bowl of a stand mixer. Whip with whisk attachment on medium-low speed until frothy. Increase speed to medium and add confectioners' sugar by spoonfuls, whipping until stiff peaks form. Beat in the ground lavender.
- ☐ Transfer meringue to pastry bag fitted with a large star tip. Pipe meringue in a rosette pattern on top of tarts.
- ☐ Sprinkle the dried whole lavender over the tartlets.
- ☐ Bake until meringue is browned, about 10 to 15 minutes.
- ☐ Remove from oven and dust with more confectioners' sugar. Using tip of sharp knife, pry tartlets out of molds – they should come out easily.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:35.52, Glycemic Load:38.5, Inflammation Score:-5, Nutrition Score:12.9808696327%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 6mg, Hesperetin: 6mg, Hesperetin: 6mg, Hesperetin: 6mg Naringenin: 3.35mg, Naringenin: 3.35mg, Naringenin: 3.35mg, Naringenin: 3.35mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 468.68kcal (23.43%), Fat: 13.63g (20.97%), Saturated Fat: 6.8g (42.47%), Carbohydrates: 74.83g (24.94%), Net Carbohydrates: 73.03g (26.56%), Sugar: 37.44g (41.6%), Cholesterol: 235.72mg (78.57%), Sodium: 174.22mg (7.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.93g (23.86%), Selenium: 33.76µg (48.22%), Folate: 122.27µg (30.57%), Vitamin B2: 0.5mg (29.33%), Vitamin B1: 0.42mg (28.07%), Manganese: 0.34mg (17.24%), Iron: 3.02mg (16.79%), Phosphorus: 152.56mg (15.26%), Vitamin B3: 2.89mg (14.47%), Vitamin C: 11.85mg (14.37%), Vitamin A: 587.49IU (11.75%), Vitamin B5: 1.03mg (10.26%), Vitamin D: 1.25µg (8.36%), Vitamin B12: 0.47µg (7.91%), Fiber: 1.8g (7.22%), Zinc: 0.95mg (6.31%), Vitamin B6: 0.12mg (5.86%), Copper: 0.11mg (5.63%), Vitamin E: 0.84mg (5.61%), Calcium: 51.08mg (5.11%), Potassium: 167.05mg (4.77%), Magnesium: 18.16mg (4.54%)