



Peach & almond tart

READY IN



85 min.

SERVINGS



8

CALORIES



478 kcal

DESSERT

Ingredients

- ☐ 100 ml butter cold
- ☐ 200 g flour plain
- ☐ 85 g sugar
- ☐ 3 egg yolk
- ☐ 8 servings lemon zest grated
- ☐ 50 g blanched almonds and whole
- ☐ 50 g sugar
- ☐ 50 g butter
- ☐ 50 g flour plain

- ☐ 1 large egg yolk
- ☐ 50 g biscuits crushed
- ☐ 5 nectarines
- ☐ 2 tbsp almonds flaked
- ☐ 8 servings powdered sugar

Equipment

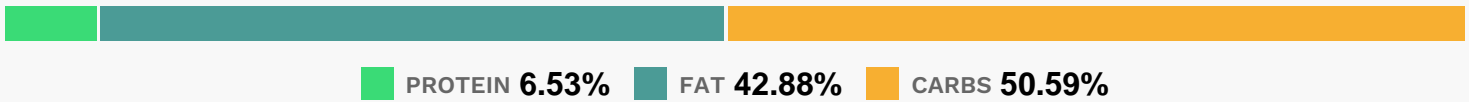
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Dice the butter as small as you can. If you dip your knife in the flour for the pastry and keep covering the butter with flour as you dice, you will find it easier.
- ☐ Put the diced butter and flour in the food processor and pulse until it looks like fine breadcrumbs.
- ☐ Add a pinch of salt, the sugar, egg yolks and lemon zest and pulse again it should almost immediately adhere into a ball.
- ☐ Remove from the processor, lay it on a sheet of cling film or foil, and lightly press and shape into a compact log (touch it as little as possible). Wrap and chill for at least 1 hour the longer it rests, the less it will shrink later.
- ☐ Butter and flour a 24cm tart tin thoroughly. Unwrap and cut the pastry log into thin even slices and use to cover the bottom and sides of the tin with just touching or slightly overlapping slices. Keep a bowl of ice cubes and some paper towels handy to chill and dry your hands as you work.

- ☐ Pat the pastry lightly with cold fingers so the base is even, and make the shell a little thicker round the sides, ensuring it reaches all the way up since it may shrink. To even the base, run an ice cube quickly across, from the centre to the edges. Chill again.
- ☐ Tip the almonds and 50g/2oz sugar into the food processor and whizz until finely chopped. Dice the butter and add to the almonds with the flour. Process again until the mixture resembles fine breadcrumbs, then add the egg and egg yolk and process briefly until soft and creamy.
- ☐ Add the crushed amaretti and briefly whizz again. Chill.
- ☐ Preheat the oven to 180C/gas 4/fan 160C. Drop the peaches into a pan of boiling water, lift out after a few seconds then cool in cold water. Peel, halve and stone the peaches, sprinkle with 2 tbsp sugar and leave for 5 minutes.
- ☐ Spread the amaretti cream in the base of the pastry case.
- ☐ Put the peach halves on top, rounded side up, cutting them if necessary to fill the centre. Scatter with the almonds
- ☐ Bake for 25–35 minutes until golden. Check the filling with a toothpick (which should come out barely flecked) and ensure the pastry is shrinking away from the tin. Dust with icing sugar and serve at room temperature, with a glass of Tuscan Vin Santo.

Nutrition Facts



Properties

Glycemic Index:63.52, Glycemic Load:33.91, Inflammation Score:-7, Nutrition Score:11.90565205657%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Catechin: 2.68mg, Catechin: 2.68mg, Catechin: 2.68mg, Catechin: 2.68mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 478.09kcal (23.9%), Fat: 23.32g (35.87%), Saturated Fat: 10.77g (67.32%), Carbohydrates: 61.89g (20.63%), Net Carbohydrates: 58.68g (21.34%), Sugar: 32.44g (36.04%), Cholesterol: 135.14mg (45.05%), Sodium:

194.16mg (8.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.99%), Selenium: 17.37µg (24.82%), Manganese: 0.46mg (23.16%), Vitamin E: 3.42mg (22.8%), Vitamin B1: 0.34mg (22.39%), Folate: 84.58µg (21.15%), Vitamin B2: 0.33mg (19.26%), Vitamin A: 879.22IU (17.58%), Vitamin B3: 3.37mg (16.84%), Phosphorus: 164.8mg (16.48%), Iron: 2.48mg (13.78%), Fiber: 3.21g (12.83%), Copper: 0.22mg (11.08%), Magnesium: 40.26mg (10.07%), Potassium: 238.08mg (6.8%), Vitamin B5: 0.64mg (6.37%), Zinc: 0.92mg (6.15%), Calcium: 47.34mg (4.73%), Vitamin B6: 0.08mg (4.07%), Vitamin B12: 0.21µg (3.55%), Vitamin C: 2.83mg (3.43%), Vitamin K: 3.46µg (3.3%), Vitamin D: 0.48µg (3.19%)