



Plum Tarts

 Vegetarian  Very Healthy

READY IN



180 min.

SERVINGS



2

CALORIES



4229 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 4 large egg yolk
- ☐ 3 cups flour all-purpose
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 2 servings accompaniment: lightly whipped cream sweetened sour
- ☐ 3.8 lb prune- cut to pieces pitted halved (preferably prune plums)
- ☐ 1 teaspoon salt

- ☐ 1 cup sugar
- ☐ 2.3 sticks butter unsalted cold cut into 1/2-inch pieces (1 cup plus 2 tablespoons)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ tart form

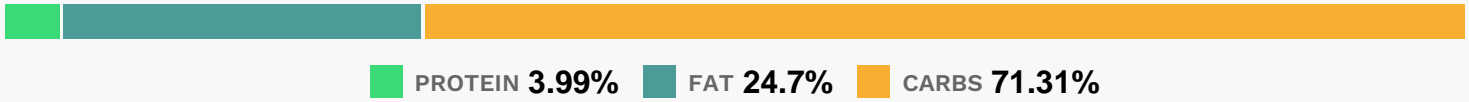
Directions

- ☐ Combine flour, butter, sugar, salt, and zest in a food processor and pulse until most of mixture resembles coarse meal with remainder in small (roughly pea-size) lumps.
- ☐ Add yolks and process just until incorporated and mixture begins to clump.
- ☐ Turn mixture out onto a work surface and divide into 4 portions. Smear each portion once with heel of your hand in a forward motion to help distribute fat. Gather together 2 portions of dough and form into a ball; make another ball with other 2 portions.
- ☐ Pat out each ball of dough with floured fingertips into a tart pan, in an even 1/4-inch layer on bottom and up sides (about 1/8 inch above rim). Chill 30 minutes, or until firm.
- ☐ Stir together sugar and cornstarch in a large bowl.
- ☐ Add plums and lemon juice and toss to coat.
- ☐ Let stand, stirring occasionally, 30 minutes, or until juicy.
- ☐ Preheat oven to 425°F.
- ☐ Arrange plum halves, skin sides down, in tart shells, overlapping in a rosette pattern (see photo, opposite). Halve any remaining plums lengthwise and randomly tuck in between plum halves in tarts.
- ☐ Pour all juices from bowl over plums.
- ☐ Bake tarts in middle of oven 15 minutes, then reduce temperature to 375°F. Cover tarts loosely with foil and bake until plums are tender and juices are bubbling and slightly thickened, 40 to 50 minutes more.

- ☐
- Brush warm juices in tart over plums. (Juices will continue to thicken as tarts cool.) Cool tarts completely in pans on a rack.
- ☐
- Cooks' notes
- ☐
- Tart shells can be made 1 day ahead and chilled, covered.

•Plums may stand, coated with sugar, cornstarch, and lemon juice and chilled, covered, 1 day. Stir well before proceeding.

Nutrition Facts



Properties

Glycemic Index:87.05, Glycemic Load:313.42, Inflammation Score:-10, Nutrition Score:75.473043566165%

Flavonoids

Cyanidin: 6.04mg, Cyanidin: 6.04mg, Cyanidin: 6.04mg, Cyanidin: 6.04mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 15.34mg, Quercetin: 15.34mg, Quercetin: 15.34mg

Nutrients (% of daily need)

Calories: 4229.22kcal (211.46%), Fat: 123.09g (189.37%), Saturated Fat: 73.04g (456.51%), Carbohydrates: 799.52g (266.51%), Net Carbohydrates: 733.83g (266.85%), Sugar: 425.92g (473.24%), Cholesterol: 661.07mg (220.36%), Sodium: 1221.72mg (53.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.77g (89.54%), Vitamin K: 515.74µg (491.18%), Fiber: 65.68g (262.73%), Vitamin A: 10527.88IU (210.56%), Manganese: 3.86mg (192.99%), Potassium: 6505.68mg (185.88%), Vitamin B2: 2.75mg (161.87%), Copper: 2.72mg (136.12%), Vitamin B3: 27.13mg (135.66%), Vitamin B1: 1.97mg (131.61%), Selenium: 87.38µg (124.83%), Folate: 432.23µg (108.06%), Magnesium: 395.18mg (98.8%), Iron: 17.69mg (98.3%), Vitamin B6: 1.95mg (97.7%), Phosphorus: 954.73mg (95.47%), Vitamin B5: 5.58mg (55.8%), Vitamin E: 7.61mg (50.73%), Calcium: 482.45mg (48.25%), Zinc: 5.98mg (39.85%), Vitamin D: 3.74µg (24.95%), Vitamin B12: 0.88µg (14.65%), Vitamin C: 9.39mg (11.38%)