

Puff Pastry Tart Filled with Almond Cream

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



458 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 2 ounces almond paste pure
- ☐ 0.5 tablespoon confectioners sugar
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 bean such as a lima bean dried
- ☐ 17.3 oz puff pastry sheets frozen thawed

- ☐ 3 tablespoons butter unsalted softened
- ☐ 0.3 teaspoon vanilla

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ rolling pin

Directions

- ☐ Preheat oven to 450°F.
- ☐ Purée almond paste, granulated sugar, butter, and a pinch of salt in a food processor until smooth.
- ☐ Add 1 egg, vanilla, and almond extract and purée until incorporated.
- ☐ Add flour and pulse until incorporated.
- ☐ Roll out 1 puff pastry sheet into an 11 1/2-inch square on a lightly floured surface with a floured rolling pin, then brush off excess flour from both sides.
- ☐ Cut out an 11-inch round by tracing around an inverted plate with tip of a paring knife.
- ☐ Transfer round to a buttered large baking sheet (not dark metal, or pastry may brown too much), discarding trimmings, and chill. Repeat procedure with second pastry sheet, leaving round on floured surface.
- ☐ Beat remaining egg with a fork and brush some over top of second round. Score round decoratively all over using tip of knife, then make several small slits all the way through pastry, at about 2-inch intervals, to create steam vents.
- ☐ Brush some of egg in a 1-inch-wide border around edge of chilled pastry round (on baking sheet). Mound almond cream in center of chilled round, spreading slightly, and bury bean in cream. Immediately cover with decorated round and press edges together lightly. Holding a small spoon with side at an angle, press around edge to seal galette decoratively.
- ☐ Bake galette in lower third of oven until puffed and pale golden, 13 to 15 minutes. Dust galette with confectioners sugar and bake in upper third of oven until edge is deep golden brown and shiny, 12 to 15 minutes more.

- ☐ Transfer to a rack to cool slightly, 5 to 10 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:29.07, Glycemic Load:20.33, Inflammation Score:-3, Nutrition Score:8.1491304640051%

Nutrients (% of daily need)

Calories: 458.49kcal (22.92%), Fat: 30.74g (47.29%), Saturated Fat: 9.17g (57.33%), Carbohydrates: 39.26g (13.09%), Net Carbohydrates: 37.95g (13.8%), Sugar: 9.83g (10.93%), Cholesterol: 57.79mg (19.26%), Sodium: 171.31mg (7.45%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 6.92g (13.85%), Selenium: 19.66µg (28.09%), Manganese: 0.38mg (18.85%), Vitamin B1: 0.27mg (17.95%), Vitamin B2: 0.27mg (16.01%), Folate: 62.42µg (15.61%), Vitamin B3: 2.77mg (13.86%), Iron: 1.99mg (11.07%), Vitamin E: 1.54mg (10.28%), Vitamin K: 10.25µg (9.77%), Phosphorus: 83.15mg (8.32%), Copper: 0.12mg (5.77%), Fiber: 1.32g (5.27%), Magnesium: 21.1mg (5.27%), Zinc: 0.61mg (4.07%), Vitamin A: 199.31IU (3.99%), Calcium: 26.96mg (2.7%), Potassium: 81.2mg (2.32%), Vitamin D: 0.33µg (2.19%), Vitamin B5: 0.21mg (2.14%), Vitamin B12: 0.12µg (2%), Vitamin B6: 0.04mg (1.89%)