



Quince Tarte Tatin

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



286 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour
- ☐ 1.5 teaspoons apple cider vinegar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons water ()
- ☐ 3.3 pounds quinces cored peeled cut into 1-inch-wide wedges,
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar

- ☐ 5 tablespoons butter unsalted room temperature
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pastry brush
- ☐ oven mitt

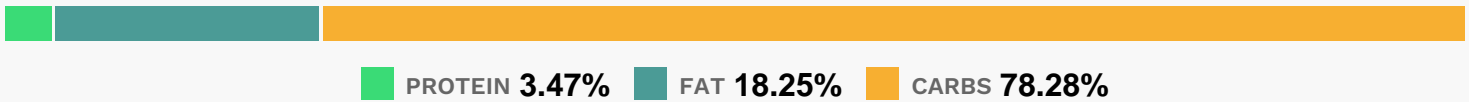
Directions

- ☐ Mix first 3 ingredients in processor. Using on/off turns, cut in butter until mixture resembles coarse meal.
- ☐ Mix 3 tablespoons ice water and vinegar in small bowl; add to processor. Blend until moist clumps form, adding more ice water by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap in plastic; refrigerate at least 1 hour. Do ahead Can be made 1 day ahead. Keep refrigerated. Soften slightly at room temperature before rolling out.
- ☐ Fill large skillet with ice cubes; set aside.
- ☐ Combine first 3 ingredients in heavy 11-inch-diameter ovenproof skillet. Stir over medium heat until sugar dissolves. Increase heat to medium-high; boil until caramel is deep amber color, occasionally brushing down sides of skillet with wet pastry brush and swirling skillet, about 8 minutes.
- ☐ Remove from heat; stir in butter and cinnamon. Immediately place skillet with caramel atop ice in large skillet; let stand until caramel is cold and hardened, about 30 minutes.
- ☐ Remove skillet from ice.
- ☐ Position rack in center of oven; preheat to 400°F. Arrange quince wedges tightly together, rounded side down, in concentric circles atop caramel in skillet. Fill center with any broken quince pieces.
- ☐ Roll out dough on lightly floured surface to 12 1/2-inch round.
- ☐ Place dough atop quinces; tuck edges of dough down around sides of quinces. Make three 2-inch-long cuts in center of dough to allow steam to escape during baking.

- ☐
- Place skillet on rimmed baking sheet.

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Nutrition Facts



Properties

Glycemic Index:27.74, Glycemic Load:32.13, Inflammation Score:-4, Nutrition Score:6.5952173400184%

Flavonoids

Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg

Nutrients (% of daily need)

Calories: 286.26kcal (14.31%), Fat: 6.07g (9.34%), Saturated Fat: 3.64g (22.75%), Carbohydrates: 58.61g (19.54%), Net Carbohydrates: 55.24g (20.09%), Sugar: 21.74g (24.16%), Cholesterol: 15.05mg (5.02%), Sodium: 240.44mg (10.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.19%), Vitamin C: 22.13mg (26.82%), Fiber: 3.36g (13.46%), Vitamin B1: 0.18mg (11.8%), Copper: 0.22mg (11.21%), Iron: 1.93mg (10.74%), Selenium: 7.45µg (10.65%), Folate: 38.99µg (9.75%), Potassium: 314.67mg (8.99%), Vitamin B2: 0.14mg (8.46%), Manganese: 0.15mg (7.53%), Vitamin B3: 1.41mg (7.04%), Phosphorus: 47.2mg (4.72%), Vitamin A: 234.19IU (4.68%), Magnesium: 16.31mg (4.08%), Vitamin B6: 0.07mg (3.4%), Calcium: 22.55mg (2.25%), Vitamin B5: 0.21mg (2.11%), Zinc: 0.21mg (1.38%), Vitamin E: 0.18mg (1.17%)