



## Raspberry Almond Lattice Tart

 Vegetarian

READY IN



300 min.

SERVINGS



12

CALORIES



186 kcal

DESSERT

### Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1.8 oz blanched almonds and whole
- ☐ 0.5 cup plus 1 tablespoon butter unsalted cold melted cut into 1/2-inch cubes, plus 1/2 tablespoon,
- ☐ 2 tablespoons confectioners sugar
- ☐ 1 large egg yolk
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons ice water

- ☐ 0.5 lb raspberries
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons butter unsalted melted

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ tart form

## Directions

- ☐ Pulse together flour, sugar, and salt in a food processor until combined.
- ☐ Add butter cubes and pulse until most of mixture resembles coarse meal with some small (roughly pea-size) butter lumps.
- ☐ Whisk together yolk and water in a small bowl, then drizzle into flour mixture and pulse until dough just forms a ball. Divide dough into 2 balls, one slightly larger than the other, then flatten into 1/2-inch-thick disks. Chill, each disk wrapped in plastic wrap, until firm, at least 1 hour.
- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Brush tart pan (including sides) with melted butter.

- ☐ Roll out slightly larger disk of dough (keeping remaining disk chilled) between 2 sheets of plastic wrap into a very thin 11-inch round.
- ☐ Remove top sheet of plastic wrap and invert dough into tart pan, pressing gently to fit.
- ☐ Roll over top edge of pan with rolling pin to trim edge, then remove plastic wrap and discard trimmings. Prick all over bottom of shell (but not sides) lightly with a fork, then chill in freezer 30 minutes.
- ☐ Line chilled shell with buttered foil (buttered side down) and fill with pie weights.
- ☐ Bake until edge is pale golden and pastry is set underneath weights, 20 to 25 minutes. Carefully remove weights and foil and bake shell until bottom is golden, 7 to 10 minutes more. Cool completely in pan on a rack, about 30 minutes.
- ☐ Stir together raspberries, sugar, and flour in a 1- to 1 1/2-quart heavy saucepan, then simmer over moderate heat, stirring, until liquid from berries is thickened, about 5 minutes.
- ☐ Remove from heat and cool completely.
- ☐ Pulse almonds with flour and confectioners sugar in a food processor until finely ground.
- ☐ Add butter and almond extract and pulse until mixture forms clumps.
- ☐ Crumble almond mixture evenly over bottom of cooled pastry shell. Stir raspberry filling and spread evenly over almond mixture.
- ☐ Roll out remaining disk of dough between 2 sheets of plastic wrap into a 10-inch round (less than 1/8 inch thick) and transfer to a baking sheet.
- ☐ Remove top sheet of plastic wrap and cut dough with a pastry wheel or sharp knife into 12 (1/2-inch-wide) strips, then freeze strips on baking sheet 5 minutes.
- ☐ Lay 6 strips across raspberry filling (1 inch apart), discarding plastic wrap and pressing ends onto edge of crust. Arrange 6 more strips diagonally across first strips (1 inch apart) to form a lattice with diamond-shaped spaces. Repair any broken pieces of dough by carefully pressing them together. Trim edges of all strips flush with top edge of pan.
- ☐ Bake tart until lattice crust is golden, 25 to 30 minutes. Cool in pan on rack 10 minutes, then remove side of pan and cool tart completely, about 3 hours.
- ☐ •Dough, formed into disks but not rolled out, can be chilled up to 1 day. •Raspberry and almond fillings can be made 1 day ahead and chilled separately, covered. Bring raspberry filling to room temperature before using.

## Nutrition Facts



Properties

Glycemic Index:24.27, Glycemic Load:8.92, Inflammation Score:-3, Nutrition Score:3.5182608651078%

Flavonoids

Cyanidin: 8.65mg, Cyanidin: 8.65mg, Cyanidin: 8.65mg, Cyanidin: 8.65mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 186.38kcal (9.32%), Fat: 13.24g (20.37%), Saturated Fat: 6.97g (43.54%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 14.99g (5.45%), Sugar: 12.68g (14.09%), Cholesterol: 43.16mg (14.39%), Sodium: 111.62mg (4.85%), Alcohol: 0.03g (100%), Alcohol %: 0.07% (100%), Protein: 1.72g (3.43%), Manganese: 0.22mg (11.1%), Vitamin E: 1.49mg (9.9%), Vitamin A: 350.78IU (7.02%), Fiber: 1.71g (6.83%), Vitamin C: 4.95mg (6%), Magnesium: 16.18mg (4.04%), Vitamin B2: 0.06mg (3.74%), Phosphorus: 36.82mg (3.68%), Copper: 0.07mg (3.31%), Folate: 13.22µg (3.3%), Selenium: 2.05µg (2.92%), Vitamin B1: 0.04mg (2.5%), Iron: 0.43mg (2.41%), Vitamin K: 2.4µg (2.28%), Vitamin B3: 0.42mg (2.09%), Calcium: 20.04mg (2%), Potassium: 63.59mg (1.82%), Zinc: 0.27mg (1.78%), Vitamin B5: 0.14mg (1.43%), Vitamin B6: 0.02mg (1.08%)