



Rhubarb and White Chocolate Lattice Tart

READY IN



45 min.

SERVINGS



8

CALORIES



495 kcal

DESSERT

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 1 large eggs
- ☐ 1.5 pounds inch pieces rhubarb
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 10 tablespoons butter unsalted chilled cubed ()
- ☐ 8 servings whipped cream
- ☐ 1 tablespoon whipping cream with 2 teaspoons sugar (for glaze) beaten
- ☐ 2 tablespoons whipping cream chilled ()

- ☐ 2 tablespoons whisky
- ☐ 8 ounces chocolate white chopped

Equipment

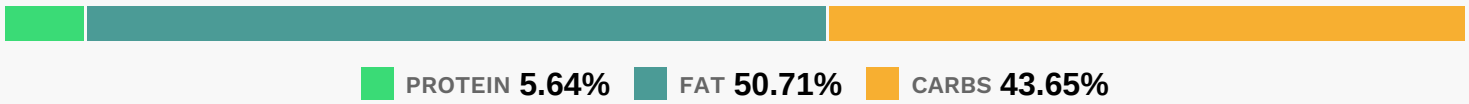
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ aluminum foil
- ☐ tart form

Directions

- ☐ Combine flour, sugar, and salt in processor; blend 5 seconds.
- ☐ Add butter. Using on/off turns, process until mixture resembles coarse meal.
- ☐ Whisk egg and 1 tablespoon cream in small bowl to blend; add to flour mixture. Using on/off turns, blend until dough comes together in moist clumps, adding more cream by teaspoonfuls if dough is dry. Gather dough into ball. Shape 2/3 of dough into disk; shape remaining dough into rectangle. Wrap both dough pieces and chill at least 2 hours and up to 1 day.
- ☐ Combine rhubarb, sugar, and whisky in large skillet. Sauté over medium heat until sugar dissolves and syrup begins to bubble. Cover and simmer until rhubarb is almost tender, about 6 minutes.
- ☐ Transfer contents of skillet to strainer set over large bowl (reserve skillet).
- ☐ Drain rhubarb well. Return juices from bowl to same skillet. Boil over medium-high heat until juices are reduced to 3 tablespoons, about 5 minutes.
- ☐ Remove skillet from heat and reserve juices.
- ☐ Preheat oven to 375°F.
- ☐ Roll out dough rectangle on lightly floured surface to 9 1/2-inch square; cut into 9 strips. Arrange strips on small baking sheet; chill.

- ☐ Roll out dough disk on lightly floured surface to 11-inch round.
- ☐ Transfer to 9-inch-diameter tart pan with removable bottom. Trim overhang to 3/4 inch. Fold in and press sides until top edge of crust is slightly higher than pan side. Pierce crust with fork. Line with foil; fill with dried beans or pie weights.
- ☐ Bake crust until sides are set, about 18 minutes.
- ☐ Remove foil and beans.
- ☐ Bake until crust is pale golden, pressing with back of fork if crust bubbles, about 15 minutes longer. Cool crust 15 minutes.
- ☐ Sprinkle white chocolate over crust. Top with rhubarb. Spoon juices over. Arrange 5 dough strips atop filling, spacing evenly apart. Arrange remaining strips atop filling in opposite direction, forming lattice. Seal ends of strips to crust, trimming excess dough.
- ☐ Brush lattice with glaze.
- ☐ Bake tart until filling bubbles and lattice is golden, about 50 minutes. Cool tart slightly in pan on rack. Push up pan bottom, releasing tart.
- ☐ Cut tart into wedges and serve warm or at room temperature with whipped cream.
- ☐ If the rhubarb stalks at your market are mostly green, buy a few extra and use only the bright red parts to measure five cups. Red rhubarb will give the tart the prettiest color.

Nutrition Facts



Properties

Glycemic Index:37.26, Glycemic Load:35.49, Inflammation Score:-6, Nutrition Score:11.028695624808%

Flavonoids

Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epicatechin 3-gallate: 0.51mg, Epicatechin 3-gallate: 0.51mg, Epicatechin 3-gallate: 0.51mg, Epicatechin 3-gallate: 0.51mg

Nutrients (% of daily need)

Calories: 494.83kcal (24.74%), Fat: 27.76g (42.7%), Saturated Fat: 16.9g (105.64%), Carbohydrates: 53.76g (17.92%), Net Carbohydrates: 51.33g (18.66%), Sugar: 26.74g (29.72%), Cholesterol: 77.74mg (25.91%), Sodium: 187.77mg (8.16%), Alcohol: 1.35g (100%), Alcohol %: 0.89% (100%), Protein: 6.95g (13.89%), Vitamin K: 29.13µg (27.74%), Selenium: 15.2µg (21.72%), Manganese: 0.39mg (19.28%), Vitamin B1: 0.29mg (19.15%), Vitamin B2: 0.31mg

(18.26%), Folate: 68.99µg (17.25%), Calcium: 151.89mg (15.19%), Vitamin A: 690.12IU (13.8%), Phosphorus: 120.84mg (12.08%), Vitamin B3: 2.33mg (11.67%), Potassium: 386.68mg (11.05%), Iron: 1.83mg (10.18%), Fiber: 2.43g (9.73%), Vitamin C: 6.98mg (8.46%), Vitamin E: 1.08mg (7.22%), Magnesium: 22.64mg (5.66%), Vitamin B5: 0.53mg (5.29%), Vitamin B12: 0.27µg (4.51%), Copper: 0.09mg (4.48%), Zinc: 0.65mg (4.32%), Vitamin D: 0.5µg (3.34%), Vitamin B6: 0.07mg (3.28%)