

Ricotta Tart with Dried-Fruit Compote

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



387 kcal

DESSERT

Ingredients

- 3.5 ounces apricots dried
- 3 ounces cherries dried sour
- 0.1 teaspoon cinnamon
- 3 ounces cream cheese softened
- 2.5 cups wine dry white
- 1 large egg whites lightly beaten
- 1 large egg yolk
- 5 ounces figs dried trimmed halved lengthwise

- 1 cup flour all-purpose
- 0.8 pound ricotta cheese fresh (preferably)
- 1 teaspoon lemon zest grated
- 1.5 inch lemon zest
- 0.1 teaspoon salt
- 0.5 teaspoon salt
- 0.3 cup sugar
- 0.5 cup sugar
- 3 tablespoons sugar
- 1 stick butter unsalted cold cut into 1/2-inch cubes
- 0.5 vanilla pod split
- 0.5 teaspoon vanilla extract pure
- 1 tablespoon water
- 2.5 cups water

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- plastic wrap
- hand mixer
- aluminum foil
- slotted spoon
- tart form

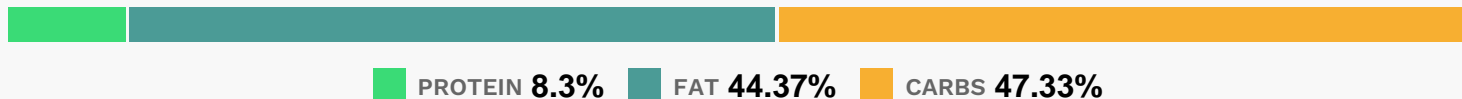
Directions

- Preheat oven to 375°F with rack in middle. Generously butter tart pan.

- Pulse flour, sugar, and salt in a food processor until combined.
- Add butter and zest and pulse until mixture resembles coarse meal with some small (roughly pea-size) butter lumps.
- Add yolk, vanilla, and water and pulse until just incorporated and dough begins to form large clumps.
- Turn out dough onto a work surface and divide into 4 pieces. Smear each piece once with heel of your hand in a forward motion to help distribute fat. Gather dough together using scraper and form into a ball, then flatten into a rectangle.
- Press dough over bottom and up sides of pan in an even layer with well-floured fingers. Chill shell 45 minutes.
- Lightly prick shell all over with a fork, then line with foil and fill with pie weights.
- Bake shell until sides are set and edge is golden, about 20 minutes. Carefully remove weights and foil and bake until shell is golden all over, about 15 minutes more. Cool shell completely in pan on a rack. (Leave oven on.)
- Beat together cream cheese, sugar, and cinnamon in a bowl with an electric mixer at medium-high speed until light and fluffy, about 2 minutes. Reduce speed to low and mix in ricotta, whole egg and egg white, and salt until just combined.
- Pour filling into cooled tart shell and bake until slightly puffed along edges and just set in center, about 15 minutes. (Center will tremble when tart is gently shaken.)
- Transfer to a rack and cool completely. Loosely cover tart with plastic wrap and chill until filling is firm, at least 8 hours.
- Bring water, wine, sugar, vanilla bean (if using), and zest to a boil in a heavy medium saucepan over medium heat, stirring until sugar has dissolved. Stir figs into syrup and simmer, uncovered, until tender, about 5 minutes.
- Transfer figs with a slotted spoon to a bowl. Stir apricots into syrup and simmer until tender, about 3 minutes.
- Transfer apricots with slotted spoon to bowl with figs. Stir cherries into syrup and simmer until just tender, about 1 minute, then add to fruit using slotted spoon.
- Boil syrup until reduced to about 1 cup, about 12 minutes. Discard lemon zest and vanilla bean (if using; if using extract, stir in now), then pour syrup over fruit and cool to room temperature.
- Serve compote with tart.
- Tart can be chilled up to 2 days. Cover tightly after 8 hours. Bring to room temperature before serving if desired.· Compote can be made 3 days ahead and kept in an airtight

container at room temperature. Tart can be made in an 8-inch round tart pan with removable bottom.

Nutrition Facts



Properties

Glycemic Index:46.19, Glycemic Load:22.31, Inflammation Score:-7, Nutrition Score:6.7304348219996%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 387.28kcal (19.36%), Fat: 17.27g (26.56%), Saturated Fat: 10.54g (65.86%), Carbohydrates: 41.45g (13.82%), Net Carbohydrates: 39.63g (14.41%), Sugar: 27.3g (30.34%), Cholesterol: 68.59mg (22.86%), Sodium: 216.29mg (9.4%), Alcohol: 6.25g (100%), Alcohol %: 3.24% (100%), Protein: 7.27g (14.54%), Vitamin A: 1086.03IU (21.72%), Selenium: 11.84µg (16.92%), Vitamin B2: 0.2mg (11.72%), Calcium: 108.13mg (10.81%), Phosphorus: 101.35mg (10.14%), Manganese: 0.19mg (9.6%), Folate: 33.1µg (8.27%), Vitamin B1: 0.12mg (8.2%), Fiber: 1.82g (7.29%), Iron: 1.18mg (6.55%), Potassium: 173.19mg (4.95%), Vitamin B3: 0.97mg (4.87%), Zinc: 0.7mg (4.66%), Magnesium: 18.07mg (4.52%), Vitamin B6: 0.08mg (4.19%), Vitamin E: 0.53mg (3.53%), Vitamin B5: 0.34mg (3.41%), Vitamin B12: 0.19µg (3.16%), Copper: 0.06mg (3.12%), Vitamin K: 2.63µg (2.51%), Vitamin C: 2.03mg (2.46%), Vitamin D: 0.33µg (2.2%)