



Roasted Plum and Kataifi Shortcakes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



332 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon cinnamon
- ☐ 2 tablespoons powdered sugar for dusting plus more
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup heavy whipping cream
- ☐ 2 tablespoons juice of lime fresh
- ☐ 4 plums firm cut into 8 wedges
- ☐ 5 ounces ricotta cheese pressed fine
- ☐ 1 tablespoon sugar

- ☐ 1 tablespoon butter unsalted softened
- ☐ 4 tablespoons butter unsalted melted
- ☐ 0.3 cup water
- ☐ 4 ounces frangelico thawed
- ☐ 4 ounces frangelico thawed

Equipment

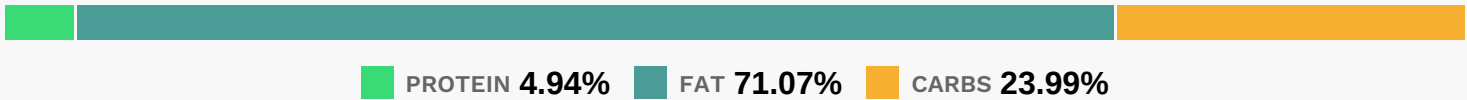
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan
- ☐ wax paper
- ☐ pastry brush

Directions

- ☐ MAKE THE SHORTCAKES: Preheat the oven to 37
- ☐ Lightly butter a large baking sheet. On a work surface, gently fluff and separate the strands of the kataifi.
- ☐ Sprinkle with half of the butter and the sugar and cinnamon and toss gently to coat. Cover loosely with plastic wrap while continuing to work.
- ☐ Using a 3-inch ring mold or a large biscuit cutter, shape 1/3 cup of the kataifi into a 3-inch round on the baking sheet. Dip a pastry brush into the remaining butter and tamp down the dough; remove the ring mold. Repeat with the remaining kataifi and butter to make 12 rounds, spacing them evenly on the baking sheet.
- ☐ Bake for about 15 minutes, or until golden.
- ☐ MAKE THE FILLING: In a saucepan, combine the water with 3 tablespoons of the granulated sugar and the lime juice and bring to a boil. Cook, stirring, until the sugar dissolves.
- ☐ Increase the oven temperature to 45

- ☐ In a large bowl, toss the plums with the remaining 1 tablespoon of granulated sugar and the butter.
- ☐ Spread the plums in a roasting pan and roast for about 15 minutes, or until caramelized.
- ☐ In a medium bowl, combine the ricotta with the 2 tablespoons of confectioners' sugar and 2 tablespoons of the lime syrup. Whip the cream until it holds stiff peaks. Fold into the ricotta.
- ☐ Set 6 of the kataifi rounds on 6 dessert plates. Top with all but 6 of the plum wedges, most of the ricotta cream, and then the remaining 6 kataifi rounds.
- ☐ Garnish each shortcake with a dollop of the remaining ricotta cream and a plum wedge.
- ☐ Drizzle with the remaining lime syrup and dust with confectioners' sugar.
- ☐ Serve immediately.
- ☐ Make Ahead: The recipe can be prepared through Step 3 up to 1 day ahead. Store the kataifi rounds at room temperature in an airtight container between layers of wax paper. Refrigerate the lime syrup. Bring the syrup to room temperature before continuing.

Nutrition Facts



Properties

Glycemic Index:35.14, Glycemic Load:9.11, Inflammation Score:-6, Nutrition Score:4.7252174201219%

Flavonoids

Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epicatechin 3–gallate: 0.33mg, Epicatechin 3–gallate: 0.33mg, Epicatechin 3–gallate: 0.33mg Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 332.09kcal (16.6%), Fat: 27.01g (41.56%), Saturated Fat: 17.08g (106.78%), Carbohydrates: 20.51g (6.84%), Net Carbohydrates: 19.7g (7.16%), Sugar: 18.61g (20.67%), Cholesterol: 81.96mg (27.32%), Sodium: 32.62mg (1.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin A: 1135.06IU (22.7%), Calcium: 84.99mg

(8.5%), Vitamin B2: 0.14mg (8.2%), Vitamin C: 5.93mg (7.19%), Phosphorus: 71.09mg (7.11%), Selenium: 4.83µg (6.89%), Vitamin D: 0.86µg (5.71%), Vitamin E: 0.79mg (5.3%), Vitamin K: 5.3µg (5.04%), Manganese: 0.08mg (4.24%), Potassium: 141.92mg (4.05%), Fiber: 0.81g (3.25%), Zinc: 0.44mg (2.91%), Vitamin B12: 0.16µg (2.73%), Magnesium: 9.39mg (2.35%), Vitamin B5: 0.23mg (2.31%), Copper: 0.04mg (2.06%), Vitamin B6: 0.04mg (1.98%), Folate: 7.49µg (1.87%), Vitamin B1: 0.03mg (1.68%), Iron: 0.25mg (1.36%), Vitamin B3: 0.25mg (1.25%)