



Rustic Nectarine and Blackberry Crostata with Cornmeal Crust

READY IN



45 min.

SERVINGS



8

CALORIES



603 kcal

DESSERT

Ingredients

- ☐ 1.7 cups all purpose flour
- ☐ 0.5 pint basket blackberries
- ☐ 1.5 teaspoons cornstarch
- ☐ 1 eggs beaten to blend (for glaze)
- ☐ 0.3 cup ice water ()
- ☐ 4 medium nectarines pitted cut into 16 slices
- ☐ 1 teaspoon orange peel packed grated ()
- ☐ 8 servings peach preserves

- ☐ 0.3 cup polenta (coarse cornmeal)
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 8 servings sugar crystals raw
- ☐ 14 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()
- ☐ 0.5 teaspoon vanilla extract
- ☐ 8 servings whipped cream

Equipment

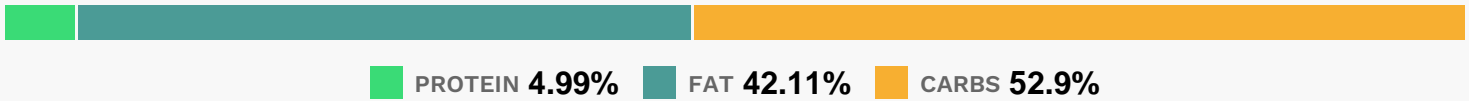
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ spatula

Directions

- ☐ Combine first 5 ingredients in processor and blend 5 seconds.
- ☐ Add butter; using on/off turns, blend just until butter is reduced to pea-size pieces. (To ensure a flaky crust, be careful not to overwork the butter.)
- ☐ Add 1/3 cup ice water. Using on/off turns, blend until dough comes together in moist clumps, adding more water by teaspoonfuls if dough is dry. Gather dough into ball; flatten into disk. Wrap; chill at least 1 hour. (Can be made 1 day ahead. Chill.
- ☐ Let soften slightly at room temperature before rolling out.)
- ☐ Roll out dough on lightly floured sheet of parchment paper to 14-inch round, turning dough occasionally to prevent sticking. Slide rimless baking sheet under parchment.
- ☐ Transfer dough on parchment to refrigerator. Chill until dough firms slightly, about 30 minutes.
- ☐ Stir sugar and cornstarch in medium bowl to blend.
- ☐ Mix in fruit and vanilla.
- ☐ Let stand until juices are released, stirring fruit occasionally, about 30 minutes.
- ☐ Preheat oven to 375°F.

- ☐ Transfer baking sheet with dough to work surface.
- ☐ Let stand 8 minutes to allow dough to soften slightly if too firm to fold. Spoon fruit and juices into center of dough. Arrange fruit in even 10-inch-diameter layer in center.
- ☐ Brush 2-inch border of dough with egg glaze. Lift about 2 inches of dough border and pinch to form vertical seam. Continue around tart, pinching seam every 2 inches to form standing border. Fold border down over fruit (center 6 inches of fruit remain uncovered).
- ☐ Brush folded border with egg glaze; sprinkle with raw sugar.
- ☐ Place baking sheet with tart in oven.
- ☐ Bake until crust is golden brown and fruit filling is bubbling at edges, about 55 minutes.
- ☐ Remove from oven; slide large metal spatula under tart to loosen from parchment.
- ☐ Brush fruit with preserves. Slide tart onto rack. Cool 45 minutes.
- ☐ Serve warm or at room temperature with ice cream.
- ☐ * Available at Italian markets, natural foods stores, and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:58.46, Glycemic Load:48.62, Inflammation Score:-7, Nutrition Score:12.499130373416%

Flavonoids

Cyanidin: 31.07mg, Cyanidin: 31.07mg, Cyanidin: 31.07mg, Cyanidin: 31.07mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 13.08mg, Catechin: 13.08mg, Catechin: 13.08mg, Catechin: 13.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 3.18mg, Epicatechin: 3.18mg, Epicatechin: 3.18mg, Epicatechin: 3.18mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 602.68kcal (30.13%), Fat: 28.62g (44.03%), Saturated Fat: 17.34g (108.36%), Carbohydrates: 80.88g (26.96%), Net Carbohydrates: 76.36g (27.77%), Sugar: 49.17g (54.63%), Cholesterol: 102.18mg (34.06%), Sodium: 298.7mg (12.99%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 7.63g (15.27%), Vitamin A: 1219.87IU (24.4%), Manganese: 0.46mg (22.84%), Vitamin B2: 0.37mg (21.83%), Vitamin B1: 0.28mg (18.89%), Selenium:

12.89µg (18.41%), Fiber: 4.51g (18.06%), Folate: 69.89µg (17.47%), Phosphorus: 154.26mg (15.43%), Vitamin B3: 2.75mg (13.74%), Vitamin C: 10.77mg (13.05%), Calcium: 112.69mg (11.27%), Iron: 2.03mg (11.26%), Vitamin E: 1.66mg (11.08%), Copper: 0.2mg (10.16%), Potassium: 346.31mg (9.89%), Vitamin K: 9.29µg (8.85%), Magnesium: 34.74mg (8.69%), Vitamin B5: 0.86mg (8.57%), Zinc: 1.21mg (8.05%), Vitamin B12: 0.35µg (5.8%), Vitamin B6: 0.11mg (5.68%), Vitamin D: 0.61µg (4.06%)