



Salted Caramel-Vanilla Bean Custard Tart

READY IN



285 min.

SERVINGS



8

CALORIES



729 kcal

DESSERT

Ingredients

- ☐ 2 cups milk whole
- ☐ 1 vanilla pod
- ☐ 0.5 cup sugar
- ☐ 0.3 cup cornstarch
- ☐ 6 egg yolk
- ☐ 0.3 cup butter softened cut into small cubes
- ☐ 32 crème-filled chocolate sandwich cookies
- ☐ 0.5 cup butter melted
- ☐ 14 oz individually wrapped caramels

- ☐ 0.3 cup evaporated milk (from 12-oz can)
- ☐ 0.5 teaspoon salt

Equipment

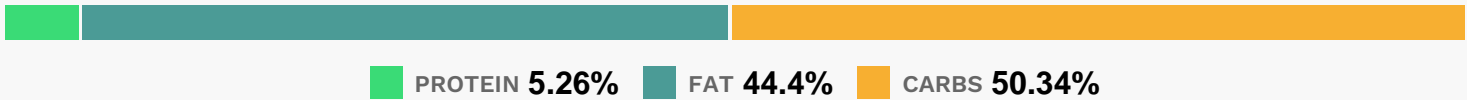
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ rolling pin
- ☐ tart form
- ☐ meat tenderizer

Directions

- ☐ Pour whole milk into large saucepan. With sharp paring knife, cut slit down middle of vanilla bean. Scrape seeds from inside bean; add seeds and bean to milk. Slowly heat to boiling over low heat.
- ☐ Meanwhile, in large bowl, mix sugar and cornstarch with whisk.
- ☐ Add egg yolks; mix with whisk until combined. Slowly add about 1/2 cup of the hot milk to egg mixture, stirring constantly. Return mixture to saucepan; cook and stir until thickened.
- ☐ Remove from heat.
- ☐ Press custard through fine-mesh strainer into bowl.
- ☐ Add 1/4 cup butter, one piece at a time, stirring with whisk until incorporated. Press plastic wrap on surface of custard. Refrigerate until completely cooled, at least 4 hours or overnight.
- ☐ Heat oven to 350°F.

- ☐ Place cookies in food processor. Cover; process with on-and-off pulses until fine crumbs form. (Or place cookies in resealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet.) In medium bowl, mix cookie crumbs and melted butter. Press mixture into bottom and up side of 11-inch tart pan.
- ☐ Bake 10 to 15 minutes or until set. Cool.
- ☐ In medium saucepan, heat caramels and evaporated milk over medium-low heat, stirring frequently, until caramels are melted. Stir until smooth; stir in salt.
- ☐ Remove from heat.
- ☐ To assemble, pour salted caramel into crust; spread evenly.
- ☐ Let stand at least 15 minutes to set up.
- ☐ Remove custard from refrigerator and stir with whisk until smooth. Carefully spread custard over caramel layer.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.14, Glycemic Load:34.65, Inflammation Score:-5, Nutrition Score:13.416521796714%

Nutrients (% of daily need)

Calories: 728.98kcal (36.45%), Fat: 36.91g (56.78%), Saturated Fat: 17.79g (111.17%), Carbohydrates: 94.16g (31.39%), Net Carbohydrates: 92.72g (33.71%), Sugar: 68.58g (76.2%), Cholesterol: 205.39mg (68.46%), Sodium: 631.36mg (27.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.84g (19.68%), Iron: 6.3mg (35.02%), Vitamin B2: 0.44mg (25.85%), Phosphorus: 242.57mg (24.26%), Calcium: 203.82mg (20.38%), Selenium: 12.79µg (18.27%), Vitamin A: 872.2IU (17.44%), Manganese: 0.35mg (17.25%), Vitamin E: 2.3mg (15.35%), Vitamin K: 15.88µg (15.12%), Vitamin B1: 0.21mg (13.97%), Vitamin B12: 0.79µg (13.24%), Folate: 52.45µg (13.11%), Vitamin B5: 1.17mg (11.73%), Magnesium: 42.1mg (10.52%), Potassium: 362.07mg (10.34%), Vitamin D: 1.41µg (9.4%), Copper: 0.19mg (9.28%), Zinc: 1.24mg (8.26%), Vitamin B3: 1.42mg (7.09%), Vitamin B6: 0.13mg (6.46%), Fiber: 1.44g (5.76%)