



## Salted honey fudge & chocolate tart

 Vegetarian

READY IN



95 min.

SERVINGS



10

CALORIES



715 kcal

DESSERT

### Ingredients

- ☐ 500 g pack shortcrust pastry sweet
- ☐ 2 tsp clear honey
- ☐ 0.5 tsp sea salt
- ☐ 10 servings single cream
- ☐ 140 g set honey
- ☐ 140 g butter diced
- ☐ 150 ml double cream
- ☐ 1 tsp vanilla extract

- ☐ 400 g chocolate dark
- ☐ 300 ml double cream
- ☐ 1 serving honeycomb crumbled well (optional, see goes with)
- ☐ 10 servings honeycomb crumbled well (optional, see goes with)

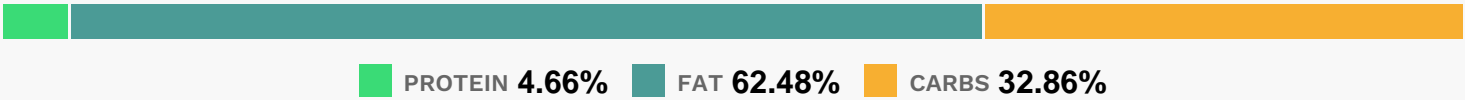
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Dice the pastry into chunks and put in a food processor. Sift over the cocoa, drizzle over the honey, then pulse to combine into a chocolate pastry (see tip box, below left).
- ☐ Roll out the dough on a lightly cocoa-dusted work surface, big enough to line a 23cm loose-bottomed tart tin with a little overhang. Cover and chill for 30 mins.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Scrunch up a big sheet of baking parchment and use to line the tart tin. Fill with baking beans and bake for 15–20 mins until sandy and the sides are firm.
- ☐ Remove the beans and paper, and bake for a further 5–15 mins until really biscuity. Trim off the overhang and cool.
- ☐ Put the honey fudge ingredients into a small pan and warm gently until the butter has completely melted. Bring to a gentle simmer and bubble, stirring, for 4–5 mins until more golden coloured and thickened. Stir in – tsp good salt (to taste), then pour into the tart case. Chill for 30 mins.
- ☐ For the topping, mix the chocolate and cream in a heatproof bowl over a pan of barely simmering water. Gently melt, stirring occasionally, until combined. Cool for 5 mins, then pour into the tart case gently, covering the honey layer. Chill until ready to serve.
- ☐ Remove from the fridge 10 mins before serving, to soften a little. Dust with cocoa and scatter with a little crumbled honeycomb, if you like, then serve with dollops of crme frache or a jug of cream.

## Nutrition Facts



## Properties

Glycemic Index:21.55, Glycemic Load:19.47, Inflammation Score:-7, Nutrition Score:15.80956539123%

## Nutrients (% of daily need)

Calories: 714.78kcal (35.74%), Fat: 50.08g (77.04%), Saturated Fat: 29.35g (183.44%), Carbohydrates: 59.25g (19.75%), Net Carbohydrates: 53.91g (19.6%), Sugar: 24.12g (26.8%), Cholesterol: 89.53mg (29.84%), Sodium: 472.39mg (20.54%), Alcohol: 0.14g (100%), Alcohol %: 0.1% (100%), Caffeine: 32mg (10.67%), Protein: 8.41g (16.82%), Manganese: 1.03mg (51.63%), Copper: 0.77mg (38.5%), Iron: 6.49mg (36.04%), Magnesium: 103.71mg (25.93%), Selenium: 16.44µg (23.48%), Vitamin A: 1105.67IU (22.11%), Fiber: 5.34g (21.36%), Phosphorus: 200.08mg (20.01%), Vitamin B1: 0.3mg (19.75%), Vitamin B2: 0.32mg (18.7%), Vitamin B3: 2.52mg (12.62%), Folate: 47.26µg (11.81%), Zinc: 1.76mg (11.76%), Potassium: 393.02mg (11.23%), Calcium: 81.1mg (8.11%), Vitamin E: 1.06mg (7.09%), Vitamin K: 6.78µg (6.46%), Vitamin B5: 0.5mg (5%), Vitamin D: 0.72µg (4.83%), Vitamin B12: 0.23µg (3.89%), Vitamin B6: 0.06mg (2.76%)