



## Savory Summer Tarts

READY IN



300 min.

SERVINGS



12

CALORIES



356 kcal

### Ingredients

- ☐ 0.3 cup peas frozen thawed
- ☐ 0.5 cup unseasoned bread cubes ()
- ☐ 2 pinches ground pepper
- ☐ 8 cherry tomatoes halved
- ☐ 2 teaspoons chives finely chopped
- ☐ 1 large egg yolk
- ☐ 2.5 cups flour all-purpose
- ☐ 1 inch goat cheese soft (from a small log)
- ☐ 8 haricots verts trimmed cut into 1 1/2-inch pieces
- ☐ 0.8 cup heavy whipping cream

- ☐ 5 tablespoons water
- ☐ 0.3 teaspoon lemon zest   grated
- ☐ 2 oz lump crab meat   picked over
- ☐ 0.5 tablespoon olive oil extra virgin   extra-virgin
- ☐ 4 slices pancetta   thin
- ☐ 0.5 teaspoon salt
- ☐ 2   spring onion   thinly sliced
- ☐ 2 tablespoons shallots   finely chopped
- ☐ 1.5 teaspoons tarragon   finely chopped
- ☐ 2 sticks butter   unsalted cold cut into 1/2-inch pieces
- ☐ 3 large eggs   whole
- ☐ 0.8 cup milk   whole

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ tart form

## Directions

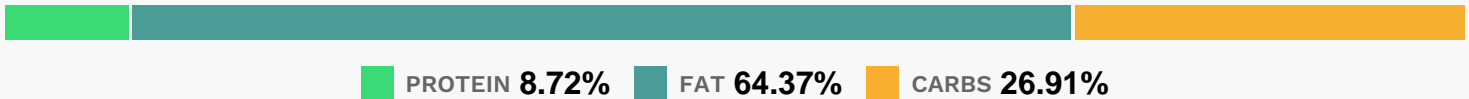
- ☐ Blend together flour, butter, and salt in a bowl with your fingertips or a pastry blender (or pulse in a food processor) just until mixture resembles coarse meal with some roughly pea-

size butter lumps.

- ☐ Drizzle 5 tablespoons ice water evenly over mixture and gently stir with a fork (or pulse) until incorporated. Squeeze a small handful of dough: If dough doesn't hold together, add more ice water, 1/2 tablespoon at a time, stirring until incorporated. Do not overwork dough, or pastry will be tough.
- ☐ Turn out dough onto a work surface and divide into 4 portions. With heel of your hand, smear each portion once or twice in a forward motion to help distribute fat. Gather all of dough together, with a pastry scraper if you have one, and form into 2 (5-inch) squares. Chill, wrapped in plastic wrap, until firm, at least 1 hour.
- ☐ Arrange flan rings on 2 parchment-paper-lined baking sheets.
- ☐ Roll out 1 portion of dough on a lightly floured surface with a lightly floured rolling pin into a 16- by 10-inch rectangle.
- ☐ Cut into 6 rough squares. Gently fit each square into a ring (do not stretch dough). Trim excess dough flush with rim. Lightly prick each shell several times with a fork and chill until firm, about 30 minutes. Repeat with remaining dough and rings.
- ☐ Preheat oven to 375°F with racks in upper and lower thirds.
- ☐ Line shells with foil (not heavy-duty) and fill with pie weights.
- ☐ Bake until sides are set, about 20 minutes. Carefully remove weights and foil and bake shells until golden-brown all over, 5 to 8 minutes. Cool completely on baking sheets on racks, then remove flan rings.
- ☐ Reduce oven temperature to 350°F.
- ☐ Cook haricots verts in salted boiling water until crisp-tender, about 3 minutes.
- ☐ Drain and divide among 4 tart shells along with tomatoes, then top with a round of cheese.
- ☐ Cook shallot in 1/2 tablespoon oil in a small skillet over medium heat until softened, about 1 minute.
- ☐ Transfer to a small bowl.
- ☐ Heat remaining tablespoon oil in skillet over medium heat, then cook bread, stirring, until golden. Toss croutons with shallot and divide among 4 tart shells. Toss crab with tarragon, zest, and cayenne and add to same shells.
- ☐ Cook scallions in oil in cleaned small skillet over medium heat until softened, about 1 minute. Stir in peas and warm through, then divide mixture among remaining 4 tart shells.
- ☐ Add pancetta to skillet and cook, turning once, until just crisp. Reserve pancetta.

- ☐ Whisk together custard ingredients with 3/4 teaspoon salt and 1/2 teaspoon pepper. Divide among shells.
- ☐ Sprinkle chives over goat cheese tarts and top pea tarts with pancetta.
- ☐ Bake tarts on baking sheets until custard is just set, about 20 minutes. Cool slightly.
- ☐ •Tart shells can be baked 1 day ahead and kept on trays at room temperature, wrapped tightly in plastic wrap. •Filled baked tarts can be kept at cool room temperature 2 hours. •To make 1 large (11-inch) tart, prepare a half recipe of dough and, when fitting it into the tart pan, cut off excess dough, leaving a 1/2-inch overhang, and fold overhang inward. Press dough against side of pan, pushing dough 1/4 inch above rim. Choose 1 filling and triple the ingredient quantities for the filling (for a large pea tart, you'll need only 5 slices pancetta); use the entire custard recipe.
- ☐ Bake shell as above.
- ☐ Bake filled tart 30 to 35 minutes.

## Nutrition Facts



## Properties

Glycemic Index:39.25, Glycemic Load:15.62, Inflammation Score:-6, Nutrition Score:10.054347929747%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 356.33kcal (17.82%), Fat: 25.65g (39.47%), Saturated Fat: 14.72g (91.97%), Carbohydrates: 24.13g (8.04%), Net Carbohydrates: 22.81g (8.29%), Sugar: 2.21g (2.46%), Cholesterol: 126.09mg (42.03%), Sodium: 212.61mg (9.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.63%), Selenium: 17.91µg (25.59%), Vitamin A: 1018IU (20.36%), Vitamin B1: 0.27mg (17.84%), Folate: 68.38µg (17.1%), Vitamin B2: 0.28mg (16.38%), Manganese: 0.28mg (13.9%), Vitamin B12: 0.73µg (12.1%), Phosphorus: 118.51mg (11.85%), Vitamin B3: 2.15mg (10.77%), Iron: 1.93mg (10.72%), Vitamin K: 9.72µg (9.26%), Vitamin D: 1.03µg (6.9%), Vitamin E: 1.02mg (6.79%), Vitamin C: 5.58mg (6.76%), Zinc: 0.95mg (6.31%), Copper: 0.13mg (6.3%), Calcium: 60.42mg (6.04%), Vitamin B5: 0.56mg (5.6%), Vitamin B6: 0.11mg (5.6%), Fiber: 1.32g (5.3%), Potassium: 172.8mg (4.94%), Magnesium: 19.36mg (4.84%)