



Spiced Sugarplum and Caramelized Apple Tartlets with Calvados Cream

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



624 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.7 cup calvados
- ☐ 8 large egg yolk
- ☐ 0.5 cup brown sugar packed ()
- ☐ 2 pounds apples i use 2 granny smith apples cored peeled quartered
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 cup prune- cut to pieces packed pitted ()
- ☐ 1 sheet puff pastry frozen thawed (preferably all-butter) (half of 17.3-ounce package)
- ☐ 0.7 cup sugar
- ☐ 0.5 cup water
- ☐ 1 cup whipping cream chilled

Equipment

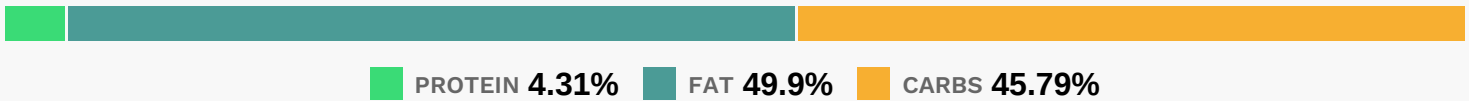
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ cookie cutter
- ☐ candy thermometer

Directions

- ☐ Stir first 4 ingredients in heavy medium saucepan over medium-low heat until sugar dissolves. Cover and simmer until prunes are very soft, about 15 minutes. Uncover and simmer over low heat until mixture is reduced to 3/4 cup, about 4 minutes.
- ☐ Add Calvados and spices; mash prunes in pan into thick jam-like spread. (Can be prepared 1 week ahead. Cover with plastic and refrigerate.)
- ☐ Melt butter in heavy medium nonstick skillet over medium heat.
- ☐ Add sugar and cook until sugar melts and turns deep amber, stirring occasionally, about 3 minutes.
- ☐ Add apples and cook until just tender and browned, shifting and turning apples occasionally, about 12 minutes.
- ☐ Remove from heat. Cool in skillet.

- ☐ Roll pastry out on lightly floured surface to thin 13x13-inch square. Using 4-inch-round cookie cutter, cut out 8 rounds.
- ☐ Transfer rounds to parchment-lined heavy large baking sheet. Using fork, pierce pastry rounds all over, leaving 1/3-inch border around edge. Chill pastry until firm, about 15 minutes.
- ☐ Spread 1 slightly rounded tablespoon of sugarplum mixture evenly over center of each round, leaving 1/3-inch border. Slice each apple quarter into 5 thin wedges. Fan out 10 apple slices atop sugarplum mixture on each round, forming rosette. Reserve any juices in small bowl. (Can be prepared 1 day ahead. Cover tartlets and any juices separately and refrigerate.)
- ☐ Whisk yolks, 2/3 cup sugar, and Calvados in medium bowl. Set bowl over pan of gently boiling water.
- ☐ Whisk constantly until mixture thickens and candy thermometer registers 165°F, about 5 minutes. Cool, stirring occasionally. Whip cream until soft peaks form. Fold cooled egg mixture into whipped cream. Cover and refrigerate. (Calvados cream can be prepared 1 day ahead. Keep refrigerated.)
- ☐ Position rack in upper third of oven and preheat to 400°F.
- ☐ Drizzle each tartlet with reserved juices and sprinkle with 1/2 teaspoon sugar.
- ☐ Bake until crust is deep golden brown, about 18 minutes.
- ☐ Serve warm or at room temperature with Calvados cream.

Nutrition Facts



Properties

Glycemic Index:32.76, Glycemic Load:25.04, Inflammation Score:-6, Nutrition Score:10.509130332781%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.74mg, Quercetin:

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Nutrients (% of daily need)

Calories: 623.61kcal (31.18%), Fat: 32.96g (50.71%), Saturated Fat: 15.11g (94.43%), Carbohydrates: 68.07g (22.69%), Net Carbohydrates: 64.06g (23.29%), Sugar: 47.1g (52.34%), Cholesterol: 232.47mg (77.49%), Sodium: 144.47mg (6.28%), Alcohol: 6.68g (100%), Alcohol %: 3.09% (100%), Protein: 6.4g (12.81%), Selenium: 18.2µg (26%), Vitamin A: 1006.45IU (20.13%), Vitamin B2: 0.29mg (16.98%), Fiber: 4.01g (16.06%), Vitamin K: 15.53µg (14.79%), Manganese: 0.29mg (14.58%), Folate: 54.1µg (13.52%), Phosphorus: 125.14mg (12.51%), Vitamin B1: 0.18mg (12.29%), Vitamin D: 1.39µg (9.29%), Iron: 1.65mg (9.16%), Vitamin E: 1.3mg (8.65%), Potassium: 288.43mg (8.24%), Vitamin B3: 1.63mg (8.15%), Vitamin B6: 0.15mg (7.58%), Vitamin B5: 0.73mg (7.26%), Calcium: 70.9mg (7.09%), Vitamin C: 5.48mg (6.64%), Vitamin B12: 0.39µg (6.52%), Copper: 0.13mg (6.36%), Zinc: 0.75mg (4.97%), Magnesium: 19.75mg (4.94%)