



Spicy plum tart with marsala custard

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



606 kcal

DESSERT

Ingredients

- ☐ 900 g plum fresh (we used Fortuna)
- ☐ 25 g butter
- ☐ 1 tsp ground spice mixed
- ☐ 100 g muscovado sugar light
- ☐ 1 orange zest finely grated
- ☐ 3 tbsp port
- ☐ 500 g ready-made shortcrust pastry
- ☐ 50 g ground almond

- ☐ 1 eggs beaten
- ☐ 2 tbsp little demerara sugar
- ☐ 500 g custard sauce fresh (pouring type)
- ☐ 2 tbsp cream sherry

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Halve, stone and quarter the plums and put to one side.
- ☐ Heat the butter in a large pan with the spice and muscovado sugar for 1–2 minutes, until the butter has melted. Tip in the plums, zest and port and cook for 1–2 minutes, stirring until the sugar has partially dissolved.
- ☐ Remove from the heat.
- ☐ Preheat the oven to 200C/gas 6/fan 180C.
- ☐ Roll out the pastry on a lightly floured surface and trim to a rough 38cm round. You dont have to be too neat. Lift up the pastry by draping it over a rolling pin and then laying it over a large baking sheet. The pastry should be too big, with a lot hanging over the edges.
- ☐ Sprinkle the ground almonds over the pastry to within 7cm of the edges. Pile the plums and their juices over the almonds, then flip the overhanging pastry over the fruit, leaving a big hole in the middle. Theres no need to be too fussy as long as the steam can escape and the fruit shows, it will be fine.
- ☐ Brush the pastry with the beaten egg and sprinkle the demerara sugar over the top.
- ☐ Bake for 30–40 minutes until golden.
- ☐ A few minutes before serving, gently heat the custard in a pan, then stir in the marsala or sherry.
- ☐ Serve the pie with lingering warmth and the custard.

Nutrition Facts

 **PROTEIN 8.68%**  **FAT 25.33%**  **CARBS 65.99%**

Properties

Glycemic Index:29.71, Glycemic Load:27.24, Inflammation Score:-7, Nutrition Score:17.046956663546%

Flavonoids

Cyanidin: 8.44mg, Cyanidin: 8.44mg, Cyanidin: 8.44mg, Cyanidin: 8.44mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 7.12mg, Malvidin: 7.12mg, Malvidin: 7.12mg, Malvidin: 7.12mg Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg Catechin: 5.11mg, Catechin: 5.11mg, Catechin: 5.11mg, Catechin: 5.11mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 5.39mg, Epicatechin: 5.39mg, Epicatechin: 5.39mg, Epicatechin: 5.39mg Epicatechin 3-gallate: 1.14mg, Epicatechin 3-gallate: 1.14mg, Epicatechin 3-gallate: 1.14mg, Epicatechin 3-gallate: 1.14mg Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 605.75kcal (30.29%), Fat: 17g (26.16%), Saturated Fat: 5.63g (35.18%), Carbohydrates: 99.65g (33.22%), Net Carbohydrates: 94.82g (34.48%), Sugar: 40.16g (44.62%), Cholesterol: 78.74mg (26.25%), Sodium: 515.65mg (22.42%), Alcohol: 1.66g (100%), Alcohol %: 0.57% (100%), Protein: 13.11g (26.21%), Selenium: 27µg (38.58%), Vitamin B1: 0.55mg (36.75%), Vitamin B2: 0.55mg (32.11%), Manganese: 0.56mg (28.13%), Folate: 92.8µg (23.2%), Iron: 3.9mg (21.69%), Phosphorus: 213.45mg (21.34%), Vitamin B3: 4.2mg (21.01%), Vitamin C: 17.13mg (20.77%), Fiber: 4.83g (19.31%), Calcium: 177.46mg (17.75%), Vitamin A: 822.16IU (16.44%), Potassium: 521.01mg (14.89%), Vitamin B5: 1.19mg (11.9%), Vitamin K: 12.28µg (11.69%), Copper: 0.22mg (10.76%), Magnesium: 40.94mg (10.24%), Vitamin B12: 0.51µg (8.43%), Vitamin D: 1.15µg (7.64%), Vitamin B6: 0.15mg (7.43%), Zinc: 1.11mg (7.41%), Vitamin E: 0.69mg (4.61%)