



Strawberry Tart with Citrus Pastry Cream

 Vegetarian

READY IN



150 min.

SERVINGS



8

CALORIES



142 kcal

DESSERT

Ingredients

- 3 tablespoons cornstarch
- 3 large egg yolk
- 2 tablespoons flour all-purpose
- 0.3 cup granulated sugar
- 0.3 teaspoon lemon zest finely grated
- 0.5 teaspoon orange zest finely grated
- 0.1 teaspoon salt fine
- 1 pound strawberries

- 2 tablespoons butter unsalted cut into small pieces and at room temperature ()
- 0.5 vanilla pod split
- 1.5 cups milk whole

Equipment

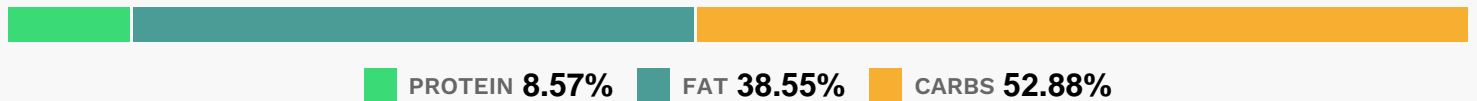
- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- sieve
- spatula

Directions

- Combine the butter, sugar, and salt in a large bowl and stir until evenly incorporated.
- Add the measured flour and stir until just combined and a soft dough forms.
- Place the milk, vanilla pod, and vanilla seeds in a medium saucepan over medium heat until the milk just comes to a simmer.
- Remove from the heat. Meanwhile, place the sugar and egg yolks in a medium heatproof bowl and mix until incorporated. Set a fine-mesh strainer over the egg mixture.
- Place the cornstarch and flour in the strainer and sift them into the egg mixture. Stir to combine. Wash and dry the strainer and place it over a second medium heatproof bowl; set aside.
- Remove and discard the vanilla pod from the milk. While whisking constantly, slowly add all of the milk to the egg mixture. Return the mixture to the saucepan and place it over medium-low heat. While whisking constantly, cook until the mixture thickens and when the whisk is scraped across the bottom of the pan, it leaves a clear line, about 2 to 3 minutes. (Be sure to whisk constantly, scraping the bottom of the pan with the whisk, or the eggs will curdle.) Immediately remove from the heat. Using a rubber spatula, transfer the pastry cream to the strainer and stir until completely strained, leaving any solids behind. Scrape the cream clinging to the underside of the strainer into the bowl and discard any solids left inside.

- Heat the oven to 350°F and arrange a rack in the middle. Prick the shell all over with a fork and bake until golden brown, about 20 to 25 minutes.
- Remove to a wire rack and let cool completely before filling. Meanwhile, wash and dry the strawberries thoroughly; set aside. Just before assembling, hull the strawberries and slice them 1/4 inch thick.
- Remove the pastry cream from the refrigerator, whisk until smooth, and spread into an even layer in the cooled crust. Starting from the outside and working your way to the center of the tart, evenly shingle the strawberries, pointed ends angling slightly up, in an overlapping circular pattern.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index: 27.89, Glycemic Load: 8.95, Inflammation Score: -3, Nutrition Score: 6.4347825620485%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 142.44kcal (7.12%), Fat: 6.26g (9.62%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 18.08g (6.57%), Sugar: 13.34g (14.82%), Cholesterol: 81.86mg (27.29%), Sodium: 58.13mg (2.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin C: 33.59mg (40.71%), Manganese: 0.24mg (11.96%), Phosphorus: 87.97mg (8.8%), Selenium: 5.47µg (7.82%), Calcium: 75.14mg (7.51%), Vitamin B2:

0.12mg (7.15%), Folate: 26.5µg (6.62%), Vitamin B12: 0.38µg (6.29%), Vitamin D: 0.9µg (6%), Vitamin A: 260.87IU (5.22%), Fiber: 1.23g (4.93%), Potassium: 165.8mg (4.74%), Vitamin B5: 0.44mg (4.45%), Vitamin B1: 0.07mg (4.37%), Vitamin B6: 0.08mg (3.91%), Magnesium: 13.79mg (3.45%), Vitamin E: 0.43mg (2.9%), Zinc: 0.43mg (2.89%), Iron: 0.51mg (2.86%), Copper: 0.04mg (1.91%), Vitamin B3: 0.38mg (1.91%), Vitamin K: 1.68µg (1.6%)