

Strawberry Tarts

READY IN



120 min.

SERVINGS



4

CALORIES



570 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter unsalted diced cold ()
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup ice water
- ☐ 0.3 cup apricot jelly
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons pistachios shelled halved
- ☐ 2 tablespoons shortening cold (recommended: Crisco)
- ☐ 2 pints strawberries whole hulled halved
- ☐ 3 tablespoons sugar

Equipment

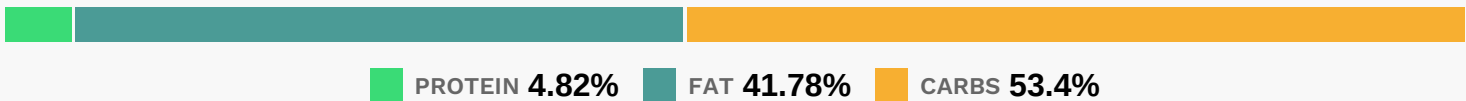
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the flour, sugar, and salt in a small bowl and place in the freezer for 30 minutes.
- ☐ Put the flour mixture in the bowl of a food processor fitted with a steel blade.
- ☐ Add the butter and shortening and pulse about 10 times, or until the butter is in the size of peas.
- ☐ Add the ice water and process until the dough comes together. Dump on a well-floured board and form into a disk. Wrap in plastic and chill for at least 30 minutes.
- ☐ Meanwhile, preheat the oven to 375 degrees F.
- ☐ Roll out the dough and fit into 4 (4 1/2-inch) tart pans with removable sides. Don't stretch the dough when placing it in the pans or it will shrink during baking.
- ☐ Cut off the excess by rolling the pin across the top of each pan. Line the tart shells with a piece of buttered aluminum foil, butter side down, and fill them with dried beans or rice.
- ☐ Bake for 10 minutes.

- ☐ Remove the beans and foil, prick the bottom of the shells all over with a fork, and bake for another 15 to 20 minutes until lightly browned. Set aside to cool.
- ☐ Before serving, fill the tart shells with the pastry cream. Arrange the berries decoratively on top of the cream. Melt the apricot jelly with 1 teaspoon of water and brush the top of the tarts.
- ☐ Sprinkle with pistachios, if using, and serve.
- ☐ extra-large egg yolks, room temperature
- ☐ 1/4 cup sugar
- ☐ 2 tablespoons cornstarch
- ☐ 1 1/2 cups scalded milk
- ☐ 1/2 teaspoon pure vanilla extract
- ☐ 1 teaspoon Cognac
- ☐ 1 tablespoon unsalted butter
- ☐ 1 tablespoon heavy cream
- ☐ In the bowl of an electric mixer fitted with the paddle attachment, beat the egg yolks and sugar on medium-high speed for 4 minutes, or until very thick. Reduce to low speed, and add the cornstarch.
- ☐ With the mixer still on low, slowly pour the hot milk into the egg mixture.
- ☐ Pour the mixture into a medium saucepan and cook over low heat, stirring constantly with a wooden spoon, until the mixture thickens, 5 to 7 minutes. Don't be alarmed when the custard comes to a boil and appears to curdle; switch to a whisk and beat vigorously. Cook, whisking constantly, for another 2 minutes; the custard will come together and become very thick, like pudding. Stir in the vanilla, Cognac, butter, and heavy cream.
- ☐ Pour the custard through a sieve into a bowl.
- ☐ Place plastic wrap directly on the custard and refrigerate until cold.

Nutrition Facts



Properties

Glycemic Index:64.52, Glycemic Load:43.96, Inflammation Score:-8, Nutrition Score:19.209565333698%

Flavonoids

Cyanidin: 4.39mg, Cyanidin: 4.39mg, Cyanidin: 4.39mg, Cyanidin: 4.39mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 7.56mg, Catechin: 7.56mg, Catechin: 7.56mg, Catechin: 7.56mg Epigallocatechin: 1.96mg, Epigallocatechin: 1.96mg, Epigallocatechin: 1.96mg, Epigallocatechin: 1.96mg Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg Epicatechin 3–gallate: 0.35mg, Epicatechin 3–gallate: 0.35mg, Epicatechin 3–gallate: 0.35mg, Epicatechin 3–gallate: 0.35mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 570.07kcal (28.5%), Fat: 27.13g (41.73%), Saturated Fat: 12.8g (79.99%), Carbohydrates: 78.02g (26.01%), Net Carbohydrates: 71.35g (25.94%), Sugar: 34.84g (38.71%), Cholesterol: 45.15mg (15.05%), Sodium: 306.35mg (13.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.09%), Vitamin C: 141.92mg (172.03%), Manganese: 1.26mg (63.02%), Folate: 134.88µg (33.72%), Vitamin B1: 0.42mg (27.95%), Fiber: 6.68g (26.71%), Selenium: 15.41µg (22.02%), Iron: 3.16mg (17.54%), Vitamin B2: 0.28mg (16.73%), Vitamin B3: 3.31mg (16.56%), Potassium: 488.53mg (13.96%), Copper: 0.28mg (13.89%), Phosphorus: 136.95mg (13.7%), Magnesium: 47.87mg (11.97%), Vitamin E: 1.75mg (11.68%), Vitamin A: 576.52IU (11.53%), Vitamin B6: 0.23mg (11.52%), Vitamin K: 10.2µg (9.71%), Calcium: 61.1mg (6.11%), Vitamin B5: 0.57mg (5.68%), Zinc: 0.77mg (5.12%), Vitamin D: 0.31µg (2.1%)