



## Summer Stone Fruit Tart with Lemon Curd

 Vegetarian

READY IN



180 min.

SERVINGS



8

CALORIES



498 kcal

DESSERT

### Ingredients

- ☐ 3 tablespoon apricot preserves
- ☐ 1 cup butter cut into cubes
- ☐ 3 large egg yolks
- ☐ 2 large eggs
- ☐ 1.3 cup flour all-purpose
- ☐ 2 pound stone fruit pitted sliced
- ☐ 1 cup granulated sugar
- ☐ 8 servings ice water as needed



- ☐ 0.8 cup juice of lemon fresh
- ☐ 2 teaspoon lemon zest fresh
- ☐ 8 servings salt as needed
- ☐ 0.5 teaspoon vanilla

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon
- ☐ spatula
- ☐ tart form

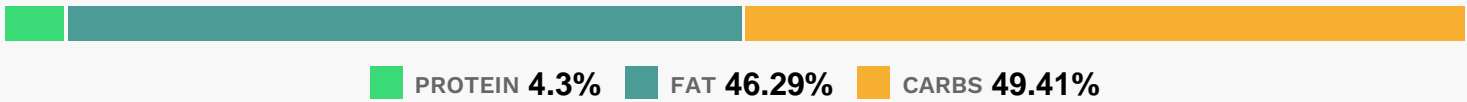
## Directions

- ☐ Make the crust: In the bowl of an electric mixer fitted with a paddle attachment, cream ½ cup butter, ¼ cup sugar, and ¼ teaspoon salt together until smooth and light in color, 2 to 3 minutes, scraping the bowl down once or twice as needed.
- ☐ Add 1 egg yolk and vanilla; mix until smooth, 1 to 2 minutes longer.
- ☐ Add the flour all at once and mix until barely blended, about 1 minute.
- ☐ Add ice water one tablespoon at a time while the mixer is running until the dough clumps together. Stop machine. Turn the dough onto a lightly floured surface, gently pat into a 1-inch thick disc and wrap in plastic. Refrigerate at least 30 minutes. Preheat oven to 350 degrees. Allow the chilled dough to soften to the point that an indent is easily made with your finger, about 10 minutes.
- ☐ Place the disc on a lightly floured surface, dust it and the roller with a small amount of flour.



- ☐ Roll the dough out to about a 12-inch circle. Fold the dough over the roller and carefully move it to a tart pan pressing it into place. Trim off the excess.
- ☐ Place in the freezer 10 minutes to chill.
- ☐ Remove the tart shell from the freezer and use a fork to poke holes along the bottom. Line the shell with parchment cut to size and add enough beans or pie weights to fill one-third the way up.
- ☐ Bake until edges are looking dry, about 12 minutes.
- ☐ Remove the pan from the oven and remove the weights and parchment. Return the shell to the oven and bake until golden, about 10 more minutes.
- ☐ Let the shell cool completely at room temperature. Make the glaze: In a small saucepan set over medium heat, warm the jam and 2 tablespoons water to create a smooth consistency.
- ☐ Remove from heat and set aside at room temperature. Make the lemon curd: In a small saucepan (off heat), whisk together eggs, remaining 2 egg yolks, remaining ½ cup sugar, lemon juice lemon zest, and a pinch of salt until smooth.
- ☐ Place pan over medium heat. Cook, stirring constantly with a wooden spoon or heatproof flexible spatula, until lemon curd is thick enough to coat the back of the spoon (or spatula) and to hold a clear trail when you run your finger through it; about 8 to 10 minutes. Turn off the heat and add the remaining ½ cup butter a cube at a time, stirring all along until incorporated.
- ☐ Pour curd through a fine-mesh sieve into cooled crust. Cool to room temperature. Refrigerate tart until filling is firm, at least one hour. When ready to serve, unmold the tart and top with the sliced stone fruit in whatever arrangement you like.
- ☐ Brush with glaze and garnish with lemon verbena or mint leaves.

## Nutrition Facts



## Properties

Glycemic Index:24.39, Glycemic Load:28.24, Inflammation Score:-7, Nutrition Score:9.001739045848%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg Naringenin:



0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 497.97kcal (24.9%), Fat: 26.35g (40.53%), Saturated Fat: 15.64g (97.73%), Carbohydrates: 63.27g (21.09%), Net Carbohydrates: 60.79g (22.1%), Sugar: 41.74g (46.38%), Cholesterol: 176.36mg (58.79%), Sodium: 418.47mg (18.19%), Alcohol: 0.09g (100%), Alcohol %: 0.02% (100%), Protein: 5.51g (11.02%), Vitamin A: 1227.98IU (24.56%), Selenium: 14.64µg (20.91%), Vitamin C: 12.65mg (15.34%), Folate: 58.76µg (14.69%), Vitamin B2: 0.23mg (13.8%), Vitamin B1: 0.19mg (12.69%), Fiber: 2.49g (9.94%), Iron: 1.73mg (9.61%), Phosphorus: 93.25mg (9.33%), Manganese: 0.18mg (8.93%), Copper: 0.18mg (8.93%), Vitamin B3: 1.65mg (8.24%), Vitamin K: 7.34µg (6.99%), Vitamin E: 1.01mg (6.74%), Vitamin B5: 0.58mg (5.79%), Potassium: 183.88mg (5.25%), Vitamin B12: 0.28µg (4.73%), Vitamin B6: 0.08mg (4.2%), Calcium: 41.67mg (4.17%), Magnesium: 16.5mg (4.13%), Zinc: 0.62mg (4.11%), Vitamin D: 0.59µg (3.96%)