



Tangerine-Date Tartlets with Buttermilk Whipped Cream and Tangerine Granita

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



619 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups flour
- ☐ 2 tablespoons brandy
- ☐ 0.3 cup buttermilk chilled
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 cup corn syrup dark
- ☐ 1 large egg whites beaten to blend
- ☐ 2 large egg yolk

- ☐ 2 large eggs
- ☐ 0.8 cup cup heavy whipping cream chilled
- ☐ 3 tablespoons water ()
- ☐ 6 medjool dates
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1 1 tangerine halved
- ☐ 1 teaspoon lime zest packed finely grated ()
- ☐ 6 servings 1 tangerine
- ☐ 0.3 cup tangerine juice fresh (from 2 small tangerines or purchased juice)
- ☐ 0.3 cup butter unsalted ()
- ☐ 2 cups water boiling

Equipment

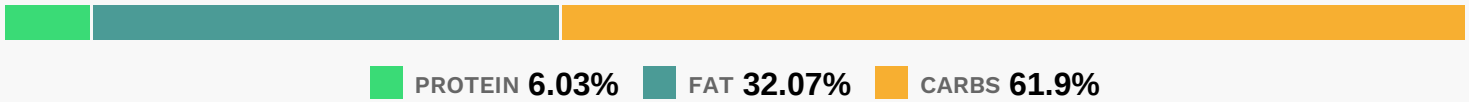
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ tart form

Directions

- ☐ Combine 2 cups boiling water, tangerine, and dates in bowl. Cover; chill overnight.
- ☐ Drain dates. Peel each and quarter lengthwise.
- ☐ Blend flour, sugar, and salt in processor.
- ☐ Add butter and process until coarse meal forms.
- ☐ Add 3 tablespoons ice water. Process until dough comes together in moist clumps, adding more ice water by teaspoonfuls if dry. Gather into ball; flatten into disk. Wrap and chill at least 2 hours and up to 1 day.
- ☐ Preheat oven to 400°F.

- ☐ Roll out dough on floured surface to scant 1/8-inch thickness. Using small plate as guide, cut out 6-inch rounds. Gather dough scraps; reroll.
- ☐ Cut out additional rounds for total of
- ☐ Fit each into 4-inch-diameter tart pan with removable bottom and 3/4-inch-high sides. Trim overhang; press dough to come 1/4 inch above top of pan sides. Freeze crusts in pans 10 minutes.
- ☐ Bake crusts until golden, pressing with back of fork if crusts bubble and sides begin to slide, about 20 minutes.
- ☐ Remove from oven.
- ☐ Brush hot crusts with some beaten egg white to coat. Cool while preparing filling. Reduce oven temperature to 350°F.
- ☐ Cook butter in heavy small skillet over medium heat until brown, swirling occasionally, about 3 minutes. Cool butter slightly.
- ☐ Whisk corn syrup, eggs, yolks, sugar, tangerine juice, brandy, tangerine peel, and salt in medium bowl to blend.
- ☐ Whisk in browned butter.
- ☐ Fill prepared crusts completely with filling (some may be left over).
- ☐ Bake tartlets until filling is set, about 25 minutes. Cool 15 minutes. Push up pan bottoms, releasing pan sides, and cool tarts completely. DO AHEAD Can be made 1 day ahead. Cover tarts; store at room temperature.
- ☐ Whisk cream, buttermilk, and 2 tablespoons sugar in medium bowl until peaks form. Refrigerate up to 1 hour.
- ☐ Place tartlets on plates. Top each tartlet with 4 date quarters in sunburst pattern and dollop of buttermilk whipped cream. Spoon tangerine granita into 6 small cups and place alongside.

Nutrition Facts



Properties

Glycemic Index:66.18, Glycemic Load:55.94, Inflammation Score:-8, Nutrition Score:16.339130598566%

Flavonoids

Hesperetin: 11.72mg, Hesperetin: 11.72mg, Hesperetin: 11.72mg, Hesperetin: 11.72mg Naringenin: 12.54mg, Naringenin: 12.54mg, Naringenin: 12.54mg, Naringenin: 12.54mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 619.26kcal (30.96%), Fat: 22.6g (34.77%), Saturated Fat: 13.05g (81.58%), Carbohydrates: 98.12g (32.71%), Net Carbohydrates: 93.41g (33.97%), Sugar: 68.73g (76.37%), Cholesterol: 178.25mg (59.42%), Sodium: 419.7mg (18.25%), Alcohol: 1.67g (100%), Alcohol %: 0.52% (100%), Protein: 9.56g (19.13%), Vitamin C: 36.32mg (44.02%), Vitamin A: 1766.04IU (35.32%), Selenium: 22.74µg (32.48%), Vitamin B2: 0.43mg (25.11%), Folate: 99.42µg (24.85%), Vitamin B1: 0.37mg (24.53%), Manganese: 0.39mg (19.51%), Fiber: 4.71g (18.83%), Phosphorus: 163.7mg (16.37%), Potassium: 525.59mg (15.02%), Iron: 2.52mg (14.02%), Vitamin B3: 2.77mg (13.84%), Calcium: 128.68mg (12.87%), Copper: 0.25mg (12.47%), Vitamin B6: 0.24mg (12.05%), Vitamin B5: 1.18mg (11.8%), Magnesium: 45.96mg (11.49%), Vitamin D: 1.39µg (9.25%), Vitamin E: 1.1mg (7.34%), Vitamin B12: 0.37µg (6.22%), Zinc: 0.91mg (6.05%), Vitamin K: 2.48µg (2.36%)