



## 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
- 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



**PROTEIN 6.03%** **FAT 32.08%** **CARBS 61.89%**

## Properties

Glycemic Index:60.85, Glycemic Load:55.93, Inflammation Score:-8, Nutrition Score:16.3295653281%

## Flavonoids

Hesperetin: 11.58mg, Hesperetin: 11.58mg, Hesperetin: 11.58mg, Hesperetin: 11.58mg Naringenin: 12.53mg, Naringenin: 12.53mg, Naringenin: 12.53mg, Naringenin: 12.53mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 619.16kcal (30.96%), Fat: 22.6g (34.77%), Saturated Fat: 13.05g (81.58%), Carbohydrates: 98.09g (32.7%), Net Carbohydrates: 93.39g (33.96%), Sugar: 68.72g (76.36%), Cholesterol: 178.25mg (59.42%), Sodium: 419.69mg (18.25%), Alcohol: 1.67g (100%), Alcohol %: 0.52% (100%), Protein: 9.56g (19.12%), Vitamin C: 36.22mg (43.91%), Vitamin A: 1765.87IU (35.32%), Selenium: 22.74µg (32.48%), Vitamin B2: 0.43mg (25.1%), Folate: 99.39µg (24.85%), Vitamin B1: 0.37mg (24.53%), Manganese: 0.39mg (19.51%), Fiber: 4.7g (18.79%), Phosphorus: 163.64mg (16.36%), Potassium: 525.25mg (15.01%), Iron: 2.52mg (14.01%), Vitamin B3: 2.77mg (13.84%), Calcium: 128.57mg (12.86%), Copper: 0.25mg (12.46%), Vitamin B6: 0.24mg (12.05%), Vitamin B5: 1.18mg (11.8%), Magnesium: 45.94mg (11.48%), 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%)