

Torta de Higos (Fig Torte)

 Vegetarian

READY IN



180 min.

SERVINGS



8

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons double-acting baking powder
- 2 cinnamon sticks
- 3 tablespoons cornstarch
- 4 large egg yolk
- 3 large eggs separated at room temperature
- 1 cup flour all-purpose sifted
- 0.3 cup milk at room temperature
- 0.5 teaspoon salt

- 0.8 cup sugar
- 2 tablespoons butter unsalted cut into 2 pieces
- 1 teaspoon vanilla extract pure

Equipment

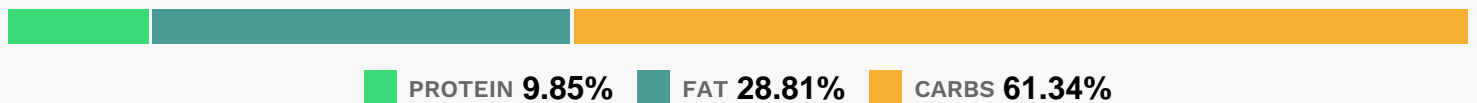
- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- plastic wrap
- baking pan
- microwave
- skewers

Directions

- For the custard: Bring milk to boil in small saucepan or in bowl in microwave.
- In large, heavy-bottomed saucepan whisk together sugar, cornstarch, egg yolks, and salt until very thick and pale. While vigorously whisking, add 1/4 cup hot milk, then, add remaining milk in a slow steady stream, all the while whisking. (See Notes)
- Add cinnamon stick and bring the mixture to boil over medium-high heat, whisking constantly; mixture will thicken to the consistency of yogurt. Once custard has begun to boil, continue to boil for 1 to 2 minutes.
- Remove from heat and stir in butter and vanilla.
- Remove and discard cinnamon stick.
- Strain custard into large bowl and cool completely, at least 2 hours. To avoid a skin forming, press a piece of plastic wrap directly on the custard's surface. (See Notes).
- For the cake: Adjust oven rack to middle position and preheat oven to 325°F.
- Combine flour and baking powder in small bowl; set aside.

- In large, clean, dry bowl beat egg whites and salt with whisk attachment on medium-low speed until whites loosen and begin to froth, about 1 minute. Increase speed to medium-high and beat whites until soft peaks form, 1 to 2 minutes. Slowly add the sugar, a small amount at a time, and continue beating until stiff peaks form, 2 to 3 minutes.
- Add egg yolks and beat just until combined. Decrease speed to low and add flour in three batches, alternating with milk, scraping sides and bottom of bowl as necessary.
- Add vanilla and beat just until combined.
- Scrape batter into ungreased 9-inch round baking dish.
- Bake until cake tester inserted in center comes out clean, 30 to 35 minutes.
- Transfer cake to cooling rack and cool in pan completely, 1 to 2 hours.
- Poke cooled cake all over with skewer.
- Brush cake with 3/4 cup fig syrup.
- To assemble: Top with custard and figs.
- Serve, passing additional fig syrup at table.

Nutrition Facts



Properties

Glycemic Index:35.01, Glycemic Load:22.12, Inflammation Score:-2, Nutrition Score:6.7643477699679%

Nutrients (% of daily need)

Calories: 228.48kcal (11.42%), Fat: 7.34g (11.3%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 35.18g (11.73%), Net Carbohydrates: 34.26g (12.46%), Sugar: 19.32g (21.47%), Cholesterol: 169.99mg (56.66%), Sodium: 286.23mg (12.44%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Protein: 5.65g (11.3%), Selenium: 16.22µg (23.17%), Manganese: 0.27mg (13.69%), Vitamin B2: 0.22mg (13.17%), Folate: 49.97µg (12.49%), Phosphorus: 118.58mg (11.86%), Calcium: 101.95mg (10.19%), Vitamin B1: 0.15mg (9.99%), Iron: 1.49mg (8.3%), Vitamin A: 326.22IU (6.52%), Vitamin D: 0.97µg (6.47%), Vitamin B5: 0.65mg (6.46%), Vitamin B12: 0.38µg (6.33%), Vitamin B3: 0.96mg (4.81%), Zinc: 0.6mg (4.01%), Vitamin B6: 0.07mg (3.74%), Fiber: 0.92g (3.66%), Vitamin E: 0.53mg (3.54%), Copper: 0.05mg (2.48%), Magnesium: 8.05mg (2.01%), Potassium: 69.34mg (1.98%)