



WHATSheATE



Triple Chocolate Tart with Boozy Whipped Cream

READY IN



240 min.

SERVINGS



8

CALORIES



369 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds unsalted (see Cooks' Notes)
- ☐ 2 ounces bittersweet chocolate 62% finely chopped (60 - cacao)
- ☐ 2 tablespoons bourbon
- ☐ 15 chocolate wafers such as nabisco famous (such as Famous Chocolate Wafers; 4 ounces)
- ☐ 8 servings milk chocolate shavings
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup cup heavy whipping cream chilled
- ☐ 2 tablespoons brown sugar light packed

- ☐ 0.5 cup porter (to measure, tilt cup and pour it slowly down side of a liquid measuring cup, then let foam dissipate or skim it off)
- ☐ 2 teaspoons sugar
- ☐ 5 tablespoons butter unsalted melted
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.3 teaspoon vanilla extract pure
- ☐ 1 cup milk whole

Equipment

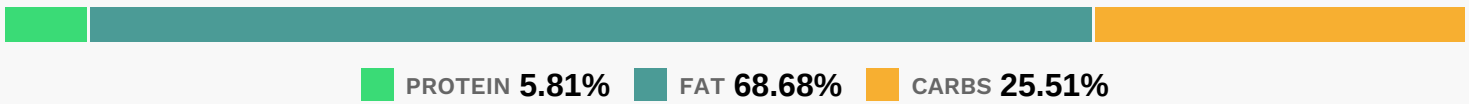
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wax paper
- ☐ springform pan
- ☐ measuring cup
- ☐ tart form
- ☐ peeler

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Pulse almonds with cookies and sugar in a food processor until almonds and cookies are finely ground.

- ☐ Add butter and pulse to combine, then press evenly onto bottom and up side of tart pan or 1-inch up side of springform pan (a dry measuring cup with a smooth bottom is very useful for pressing crumbs into an even layer).
- ☐ Bake until set, 15 minutes. Cool on a rack 1 hour.
- ☐ Whisk together milk, cream, stout, sugar, cornstarch, and cocoa in a medium saucepan and bring to a boil over medium heat, whisking constantly, then briskly simmer, whisking constantly, 2 minutes.
- ☐ Remove from heat and whisk in chopped chocolate and vanilla until smooth.
- ☐ Pour chocolate custard into cooled tart shell and cover surface with plastic wrap or wax paper (to prevent a skin from forming) and chill until set, about 3 hours.
- ☐ Beat cream, bourbon, sugar, and vanilla in a bowl with an electric mixer just until stiff peaks form.
- ☐ Spread whipped cream decoratively on top of pie.
- ☐ Garnish with chocolate shavings or dust with cocoa powder, if desired.
- ☐ •If you can't find unsalted roasted almonds, buy whole raw almonds (with skins). Roast them in a rimmed sheet pan in a preheated 350°F oven until golden and fragrantly toasty (cut open an almond to see if the insides are golden), 8 to 10 minutes.
- ☐ Let cool completely. •Tart (without cream topping) can be made 1 day ahead and kept chilled, its surface covered with plastic wrap. •Whipped cream topping can be added 3 hours ahead and kept chilled, uncovered. •To make chocolate shavings, have a bar of bittersweet chocolate at room temperature. Holding the chocolate with a paper towel, pass a vegetable peeler over the edge or side of the bar. The chocolate will curl up like wood shavings.

Nutrition Facts



Properties

Glycemic Index:22.82, Glycemic Load:5.18, Inflammation Score:-6, Nutrition Score:8.247391336638%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg,

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 369.28kcal (18.46%), Fat: 28.14g (43.3%), Saturated Fat: 14.6g (91.27%), Carbohydrates: 23.53g (7.84%), Net Carbohydrates: 20.9g (7.6%), Sugar: 13.85g (15.39%), Cholesterol: 56.8mg (18.93%), Sodium: 88.07mg (3.83%), Alcohol: 1.3g (100%), Alcohol %: 1.34% (100%), Caffeine: 10.96mg (3.65%), Protein: 5.35g (10.71%), Manganese: 0.44mg (22.17%), Vitamin E: 2.91mg (19.4%), Copper: 0.3mg (15.04%), Vitamin A: 710.88IU (14.22%), Magnesium: 56.83mg (14.21%), Vitamin B2: 0.24mg (14.13%), Phosphorus: 138.74mg (13.87%), Fiber: 2.63g (10.51%), Calcium: 95.95mg (9.59%), Iron: 1.53mg (8.51%), Potassium: 234.43mg (6.7%), Vitamin D: 0.94µg (6.28%), Zinc: 0.91mg (6.06%), Selenium: 3.52µg (5.03%), Vitamin B1: 0.07mg (4.56%), Vitamin B12: 0.25µg (4.2%), Vitamin B3: 0.8mg (4%), Vitamin B5: 0.32mg (3.15%), Folate: 11.1µg (2.78%), Vitamin B6: 0.05mg (2.64%), Vitamin K: 2.54µg (2.42%)