

Triple Creme Tart

READY IN



85 min.

SERVINGS



10

CALORIES



461 kcal

DESSERT

Ingredients

- 0.5 cup almond flour
- 10 ounces triple creme cheese cut into pieces (recommended: st. andre or explorer)
- 0.3 cup confectioners' sugar
- 1 tablespoon plus light
- 1 eggs lightly beaten
- 4 eggs separated
- 1.5 cups flour
- 0.3 cup hazelnuts toasted coarsely chopped
- 1 cup milk

- 0.3 teaspoon nutmeg freshly grated
- 1 pinch salt
- 1 cup sugar
- 0.5 cup butter unsalted softened (1 stick)
- 10 servings splash water

Equipment

- bowl
- sauce pan
- oven
- whisk
- wire rack
- sieve
- plastic wrap
- hand mixer
- stove
- tart form
- candy thermometer

Directions

- In the bowl of an electric mixer with the paddle attachment, beat the butter and confectioners' sugar until soft, about 2 minutes. Beat in the egg. In a medium bowl, whisk together the flour, almond flour, hazelnuts, and salt.
- Add the flour mixture to the butter mixture in two batches, scraping down the sides of the bowl in between additions.
- Mix until the dough is well combined. Scrape the dough onto a piece of plastic wrap and form it into a disk. Chill for at least 1 hour, until firm.
- Preheat oven to 325 degrees F.
- Roll out the dough into a 12-inch round and fit into a 10-inch tart pan with a removable bottom. Trim excess dough. Use a fork to prick the crust all over to prevent air bubbles from

forming.

- Bake the tart crust until it's pale golden all over, about 20 to 25 minutes.
- Transfer tart to a wire rack to cool. (Tart shell can be made 8 hours ahead.)
- Triple Creme Filling: In a heavy-bottomed saucepan combine 3/4 cup of the milk and 3 tablespoons of the sugar, and bring the mixture to a simmer. Meanwhile, in a large bowl whisk together the remaining 1/4-cup milk, egg yolks, cornstarch and another 2 tablespoons of the sugar.
- Remove the milk mixture from the heat and add a little bit of it to the egg yolk mixture to warm it, whisking constantly to keep the yolks from cooking.
- Pour the egg yolk mixture into the hot milk mixture, whisking the milk constantly as you pour.
- Return the custard to the stove and cook it over medium heat, whisking constantly until the consistency of pudding (pastry cream).
- Add the cheese and freshly grated nutmeg, and whisk until smooth. Strain the custard through a sieve into a clean bowl. In a small heavy saucepan, stir and combine the remaining cup of sugar, light corn syrup and water. Cook over medium heat until it reaches (soft ball) 240 degrees F on a candy thermometer. Meanwhile, in the bowl of an electric mixer fitted with a whip attachment, whip whites until they are opaque and hold very soft peaks. When the sugar syrup is ready, drizzle it into the whites in a slow and steady stream on low speed. Once fully incorporated, increase the speed and whip until stiff, but still warm.
- Whisk 1/3 of meringue into pastry cream to lighten. Fold in remaining 2/3 in 2 separate additions. Mound into prepared tart shell.
- Bake in a preheated 350 degree oven for approximately 30 minutes or until tart is golden brown and springy to the touch.

Nutrition Facts



PROTEIN 11.81% **FAT 51%** **CARBS 37.19%**

Properties

Glycemic Index:31.41, Glycemic Load:25.3, Inflammation Score:-5, Nutrition Score:10.846521687896%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin:

0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 460.92kcal (23.05%), Fat: 26.58g (40.9%), Saturated Fat: 12.79g (79.92%), Carbohydrates: 43.62g (14.54%), Net Carbohydrates: 42.22g (15.35%), Sugar: 27.31g (30.34%), Cholesterol: 137.52mg (45.84%), Sodium: 244.9mg (10.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.85g (27.7%), Selenium: 21.94µg (31.35%), Calcium: 271.2mg (27.12%), Phosphorus: 229.83mg (22.98%), Vitamin B2: 0.36mg (21.39%), Manganese: 0.33mg (16.3%), Vitamin A: 726.68IU (14.53%), Folate: 54.37µg (13.59%), Vitamin B1: 0.2mg (13.28%), Zinc: 1.68mg (11.17%), Vitamin B12: 0.65µg (10.79%), Iron: 1.67mg (9.27%), Vitamin E: 1.18mg (7.87%), Copper: 0.15mg (7.3%), Vitamin D: 1.05µg (6.99%), Vitamin B5: 0.67mg (6.68%), Magnesium: 24.94mg (6.24%), Vitamin B3: 1.22mg (6.12%), Fiber: 1.4g (5.61%), Vitamin B6: 0.1mg (4.87%), Potassium: 132.65mg (3.79%), Vitamin K: 2.1µg (2%)