



WHATSheATE



Warm Apple Tart with Date Ice Cream and Red Wine-Caramel Sauce



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



796 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons butter
- ☐ 14 ounces dates dried pitted chopped
- ☐ 1 egg yolk
- ☐ 6 egg yolk
- ☐ 1.3 cups flour
- ☐ 4 apples i use 2 granny smith apples peeled cut into 20 thin slices
- ☐ 0.8 cup half and half

- ☐ 1.5 cups cup heavy whipping cream
- ☐ 3 tablespoons water
- ☐ 0.8 cup milk
- ☐ 0.8 cup pecans chopped
- ☐ 1 cup red wine
- ☐ 0.8 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 1 vanilla pod

Equipment

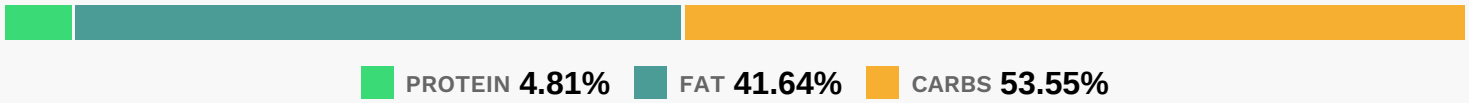
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ ice cream machine

Directions

- ☐ To prepare the ice cream: Prepare an ice water bath.
- ☐ Place the dates, vanilla bean pulp, heavy cream, half-and-half, and milk in a medium saucepan and bring to a simmer over medium heat.
- ☐ Whisk the egg yolks in a large bowl and slowly pour in the hot cream mixture. Puree the cream mixture until smooth, return to the saucepan, and cook for 3 minutes, stirring constantly. Strain through a fine-mesh sieve, and cool in the ice water bath. Freeze in an ice cream machine and keep frozen until ready to use.

- ☐ To prepare the dough: Using an electric mixer or by hand, combine the flour, butter, sugar, and salt in a large bowl until pebble-sized balls form.
- ☐ Add the egg yolk and water all at one time and mix until the dough just comes together.
- ☐ Remove the dough from the mixer, pat into a disc, and cover with plastic wrap. Refrigerate for at least 1 hour.
- ☐ Place the sugar in a medium saucepan and cook over medium-low heat for 10 minutes, or until golden brown.
- ☐ Add the butter and vanilla pulp and cook for 2 minutes.
- ☐ Add the apple wedges and cook for 4 to 6 minutes or until the apples are half cooked.
- ☐ Remove the apples from the caramel and reserve both separately.
- ☐ To prepare the tart: Preheat the oven to 350°F.
- ☐ Roll out the dough to 1/8 inch thick and carefully press into an 8- or 9-inch tart ring, trimming any excess.
- ☐ Place the tart ring on a parchment-lined sheet pan and sprinkle 1/2 cup of the chopped pecans in the bottom of the shell. Pinwheel the apple slices in the tart and brush with some of the caramel sauce.
- ☐ Bake the tart for 20 to 30 minutes, or until golden brown.
- ☐ Place the red wine in a small saucepan and simmer over medium heat for 20 minutes, or until reduced to 1/4 cup.
- ☐ Add the remaining caramel sauce to the red wine reduction and whisk until smooth. Fold in the remaining 1/4 cup of pecans and keep warm.
- ☐ Cut the tart into 8 pieces and place a piece in the center of each plate. Spoon the red wine-caramel sauce around the tart and top the tart with a scoop of the date ice cream.
- ☐ Charlie Trotter Cooks at Home by Charlie Trotter
- ☐ Ten Speed Press

Nutrition Facts



Properties

Glycemic Index:42.76, Glycemic Load:58.14, Inflammation Score:-7, Nutrition Score:16.411304225092%

Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 4.06mg, Catechin: 4.06mg, Catechin: 4.06mg, Catechin: 4.06mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 8.07mg, Epicatechin: 8.07mg, Epicatechin: 8.07mg, Epicatechin: 8.07mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 796.35kcal (39.82%), Fat: 37.41g (57.56%), Saturated Fat: 18.09g (113.06%), Carbohydrates: 108.26g (36.09%), Net Carbohydrates: 100.6g (36.58%), Sugar: 82.42g (91.58%), Cholesterol: 246.26mg (82.09%), Sodium: 309.31mg (13.45%), Alcohol: 3.18g (100%), Alcohol %: 1.13% (100%), Protein: 9.72g (19.44%), Manganese: 0.81mg (40.34%), Fiber: 7.66g (30.65%), Selenium: 20.17µg (28.82%), Vitamin B2: 0.43mg (25.15%), Vitamin A: 1235.83IU (24.72%), Phosphorus: 230.71mg (23.07%), Vitamin B1: 0.32mg (21.34%), Folate: 76.12µg (19.03%), Potassium: 650.01mg (18.57%), Copper: 0.3mg (15.19%), Calcium: 141.83mg (14.18%), Magnesium: 55.27mg (13.82%), Iron: 2.43mg (13.48%), Vitamin B6: 0.26mg (13.13%), Vitamin B5: 1.27mg (12.74%), Vitamin D: 1.82µg (12.11%), Vitamin B3: 2.14mg (10.68%), Zinc: 1.48mg (9.9%), Vitamin B12: 0.56µg (9.28%), Vitamin E: 1.39mg (9.27%), Vitamin C: 4.97mg (6.02%), Vitamin K: 6.27µg (5.97%)