



Warm Black Mission Fig, Walnut Crunch, and Blue Cheese Tartlets

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



581 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 figs fresh black stemmed (preferably Mission)
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 2 tablespoons honey
- ☐ 0.5 cup ruby port
- ☐ 1 sheet puff pastry frozen thawed (half of 17.3-ounce package)
- ☐ 1 pinch salt
- ☐ 3 ounces stilton cheese diced blue crumbled room temperature

- ☐ 0.5 cup sugar
- ☐ 0.3 cup butter unsalted ()
- ☐ 6 tablespoons walnuts toasted chopped
- ☐ 1 tablespoon water
- ☐ 6 servings honeycomb
- ☐ 6 servings honeycomb

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ slotted spoon

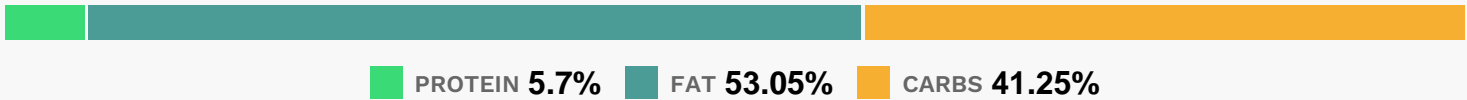
Directions

- ☐ Stir honey, sugar, butter, cinnamon, and salt in medium skillet over medium heat until sugar melts. Cook until mixture boils and is deep golden brown, about 3 minutes.
- ☐ Mix in walnuts.
- ☐ Pour out onto sheet of foil; cool completely. Chop walnut crunch into small pieces. Do ahead Can be made 2 days ahead. Store airtight at room temperature.
- ☐ Stir 1/2 cup sugar, 1 tablespoon water, and salt in heavy large skillet over medium heat until sugar is evenly moist. Cook until sugar begins to turn golden, stirring occasionally, about 4 minutes (mixture may be granular).
- ☐ Place figs in sugar mixture, cut side down, and cook until figs begin to release juice, about 3 minutes.
- ☐ Add butter; swirl skillet to melt.
- ☐ Remove skillet from heat.
- ☐ Add Port and let stand 5 minutes. Using slotted spoon, transfer figs to plate and cool. Return syrup to boil, whisking until smooth. Cool syrup completely. Do ahead Figs and syrup can be

made 1 day ahead. Cover separately and chill. Rewarm syrup before using.

- ☐ Preheat oven to 350°F. Line baking sheet with foil.
- ☐ Roll out thawed puff pastry on lightly floured surface to 12x8-inch rectangle. Using 3 1/2-inch round cutter, cut out 6 rounds; arrange on prepared sheet. Divide walnut crunch among pastry rounds. Top each with 3 fig halves, cut side up.
- ☐ Bake tartlets until pastry is puffed and golden, about 30 minutes. Do ahead Tartlets can be made 2 hours ahead.
- ☐ Let stand at room temperature. Rewarm at 350°F for 8 minutes.
- ☐ Arrange cheese atop warm tartlets.
- ☐ Brush or drizzle with warm Port syrup, then top with cube of honeycomb or drizzle with honey.

Nutrition Facts



Properties

Glycemic Index:48.56, Glycemic Load:32.3, Inflammation Score:-6, Nutrition Score:10.450434658838%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 3.16mg, Catechin: 3.16mg, Catechin: 3.16mg, Catechin: 3.16mg Epicatechin: 1.89mg, Epicatechin: 1.89mg, Epicatechin: 1.89mg, Epicatechin: 1.89mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 581.29kcal (29.06%), Fat: 34.1g (52.46%), Saturated Fat: 12.1g (75.66%), Carbohydrates: 59.66g (19.89%), Net Carbohydrates: 56.17g (20.43%), Sugar: 36.8g (40.89%), Cholesterol: 30.97mg (10.32%), Sodium: 275.51mg (11.98%), Alcohol: 3.06g (100%), Alcohol %: 1.98% (100%), Protein: 8.24g (16.48%), Manganese: 0.68mg (33.78%), Selenium: 12.93µg (18.47%), Vitamin B1: 0.25mg (16.65%), Fiber: 3.49g (13.97%), Copper: 0.28mg (13.92%), Vitamin B2: 0.23mg (13.82%), Folate: 51.68µg (12.92%), Phosphorus: 128.83mg (12.88%), Calcium: 119.93mg (11.99%), Vitamin B3: 2.31mg (11.57%), Vitamin K: 11.38µg (10.84%), Magnesium: 40.52mg (10.13%), Iron: 1.75mg (9.72%), Vitamin A: 453.55IU (9.07%), Potassium: 304.12mg (8.69%), Vitamin B6: 0.17mg (8.63%), Zinc: 1.06mg (7.04%), Vitamin B5: 0.55mg (5.49%), Vitamin E: 0.63mg (4.19%), Vitamin B12: 0.19µg (3.15%), Vitamin C: 1.67mg (2.02%), Vitamin D: 0.21µg (1.42%)