

Chocolate Tarts (Mini)

The Essential Appetizers Cookbook (1999)

Whitecap Books

Yield: 45 tarts

1 1/4 cups plain flour
2 1/2 ounces butter, chopped
1/4 cup superfine sugar
2 egg yolks
4 ounces dark chocolate, finely chopped
1 cup cream
1 tablespoon orange-flavored liqueur
1 orange
1/2 cup superfine sugar (extra)
1/2 cup water

Preparation Time: 40 minutes

30 minutes

Lightly grease two twelve-hole mini-muffin tins. Sift the flour into a large bowl. Add the butter. Rub in with your fingertips until the mixture resembles fine breadcrumbs. Stir in the sugar.

Make a well and add the egg yolks and up to two tablespoons of water. Mix with a flat-bladed knife using a cutting action, until the mixture comes together in beads. Gather together and lift out onto a lightly floured work surface. Press into a ball and flatten slightly into a disc. Wrap in plastic. Refrigerate for 20 minutes.

Preheat the oven to 350 degrees. Roll the dough between two sheets of baking paper. Cut rounds with a two-inch cookie cutter. Press into the muffin cups. Bake for about 10 minutes, or until lightly browned. Remove from the tins and cool. Repeat to use all of the pastry. Allow to cool.

Put the chocolate into a heatproof bowl. In a small pan, bring the cream to a boil. Pour over the chocolate. Leave for 1 minute, then stir until the chocolate has melted. Stir in the liqueur. Allow to set, stirring occasionally, until thick.

Meanwhile, thinly peel the orange, avoiding the bitter white pith. Cut into short, thin strips. In a small pan, combine the extra sugar, orange rind and water. Stir over the heat until the sugar has dissolved. Then simmer for about 5 to 10 minutes or until thick and syrupy. Remove the rind with tongs and drain on baking paper. Allow to cool.

Spoon the chocolate mixture into a piping bag fitted with a 1/2-inch plain piping nozzle. Pipe three small blobs of ganache into the tart shell, pulling up as you pipe so the ganache forms a point.

Dust with cocoa and decorate with the orange rind. Refrigerate until ready to serve.

Per Serving (excluding unknown items): 1811 Calories; 162g Fat (76.4% calories from fat); 19g Protein; 94g Carbohydrate; 9g Dietary Fiber; 790mg Cholesterol; 703mg Sodium. Exchanges: 1/2 Lean Meat; 1 Fruit; 3 1/2 Fat; 4 1/2 Other Carbohydrates.

Appetizers, Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1811	Vitamin B6 (mg):	.3mg
% Calories from Fat:	76.4%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	19.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	3.9%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	162g	Folacin (mcg):	100mcg
Saturated Fat (g):	76g	Niacin (mg):	1mg
Monounsaturated Fat (g):	38g	Caffeine (mg):	86mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	790mg	% Refused:	0 0%
Carbohydrate (g):	94g	Food Exchanges	
Dietary Fiber (g):	9g	Grain (Starch):	0
Protein (g):	19g	Lean Meat:	1/2
Sodium (mg):	703mg	Vegetable:	0
Potassium (mg):	946mg	Fruit:	1
Calcium (mg):	354mg	Non-Fat Milk:	0
Iron (mg):	4mg	Fat:	31 1/2
Zinc (mg):	3mg	Other Carbohydrates:	4 1/2
Vitamin C (mg):	71mg		
Vitamin A (i.u.):	5356IU		
Vitamin A (r.e.):	1317RE		

Nutrition Facts

Amount Per Serving

Calories 1811 Calories from Fat: 1383

% Daily Values*

Total Fat 162g	249%
Saturated Fat 76g	381%
Cholesterol 790mg	263%
Sodium 703mg	29%
Total Carbohydrates 94g	31%
Dietary Fiber 9g	38%
Protein 19g	
Vitamin A	107%
Vitamin C	119%

Calcium	35%
Iron	22%

** Percent Daily Values are based on a 2000 calorie diet.*