

Blueberry Maple-Mascarpone Tart

by Country Living

This short-crust tart is simplicity at its best: maple-sweetened mascarpone cheese topped with fresh blueberries.

INGREDIENTS

Pastry:

1 1/4 cup(s)	all-purpose flour
2 tablespoon(s)	sugar
1/2 teaspoon(s)	fresh ground nutmeg
1/2 teaspoon(s)	salt
1/2 cup(s)	unsalted butter (chilled and cut into small pieces)
5 tablespoon(s)	cold water

Filling:

8 ounce(s)	mascarpone cheese
2 tablespoon(s)	maple syrup
2 cup(s)	fresh blueberries (washed and drained)

DIRECTIONS

1.) **Make the pastry:** In a large bowl, combine flour, sugar, nutmeg, and salt. Add butter and use your fingers or a pastry cutter to incorporate it into the flour until mixture resembles a coarse meal. Using a fork, mix in water just until the mixture begins to cling together. Gather into a ball and flatten into a 3- by 5-inch rectangle. Wrap tightly in plastic wrap and refrigerate for 30 minutes.

2.) **Blind-bake the crust:** Preheat oven to 425°F. On a floured surface, roll dough out into a 1/4-inch-thick rectangle at least 7 by 13 inches and transfer it to a 4- by 10-inch tart pan with a removable bottom, leaving about 1/2 inch of dough along the edges. Gently press the dough into sides of tart pan and crimp the edges, if desired. Cut out a rectangle of parchment paper to cover the bottom of the dough and line it with pie weights or dried beans. Bake for 10 minutes, remove the weights and paper, and continue to bake until the crust is golden -- about 10 more minutes. Cool on a wire rack. Remove crust from pan and set aside.



Alan Richardson

COOKING INFO

Serves	10
Yield	1 four- by ten-inch tart
Prep Time	-
Cook Time	-
Total Time	-
Oven Temp	-

NUTRITIONAL INFORMATION

Calories	276
Total Fat	20
Saturated Fat	-
Cholesterol	54
Sodium	123
Total	21.7
Dietary	1.3
Sugars	-
Protein	3.5
Calcium	-

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DIRECTIONS (cont.)

3.) **Make the filling:** In a small bowl, stir together mascarpone cheese and maple syrup until just combined. Use a small spatula to spread the filling into the bottom of the cooled tart shell. Top with blueberries and refrigerate until ready to serve. Cut into 10 wedges.