

# Fig and Honey Tarts

Cuisine: **French**  
Food category: **Pastry**



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Company: **Retigo**

Program steps

Preheating: 180 °C

|   |         |       |                     |             |        |       |  |
|---|---------|-------|---------------------|-------------|--------|-------|--|
| 1 | Hot air | 100 % | Termination by time | 00:30 hh:mm | 180 °C | 80 %  |  |
| 2 | Hot air | 100 % | Termination by time | 00:30 hh:mm | 180 °C | 100 % |  |

| Ingredients - number of portions - 4 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
| all purpose flour                    | 100   | g    |
| butter                               | 100   | g    |
| icing sugar                          | 80    | g    |
| almond flour                         | 70    | g    |
| egg yolk                             | 2     | pcs  |
| ricotta                              | 250   | g    |
| honey                                | 120   | g    |
| lemon                                | 1     | pcs  |
| walnuts                              | 6     | pcs  |
| fresh figs                           | 8     | pcs  |

| Nutrition and allergens                                                                                                                                                                                                  |          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| Allergens: 3, 8, Gluten, MILK<br>Minerals: Ca, Calcium, Co, Cu, F, Fe, I, Iron, K, Magnesium, Mg, Mn, Na, P, Potassium, Se, Zn<br>Vitamins: A, B, B vitamins, C, D, E, Kyselina listová, Vitamin A, Vitamin C, Vitamin K |          |
| Nutritional value of one portion                                                                                                                                                                                         | Value    |
| Energy                                                                                                                                                                                                                   | 819.8 kJ |
| Carbohydrate                                                                                                                                                                                                             | 66.9 g   |
| Fat                                                                                                                                                                                                                      | 29.6 g   |
| Protein                                                                                                                                                                                                                  | 6 g      |
| Water                                                                                                                                                                                                                    | 7.3 g    |

Directions

Mix softened butter and powdered sugar. Add the egg yolks and pour in the flour and almond flour and mix.

Roll out the dough into disks 10 cm in diameter and 0.5 cm thick. Cut out using a cutter.

Remove the zest from the lemon and mix it with the ricotta with 1 tbsp of its juice.

Cut the figs into slices and place them on the ricotta.

Drizzle 1 tbsp of honey over each tart and sprinkle with chopped walnuts.