



Chocolate heart tart

30'
Hands on

6 hours'
Hands off

50'
Cook Time

6-8
Portion(s)

2
Difficulty



Method

For the dough

- In a bowl add the flour, the icing sugar, the cocoa powder, salt, and the butter cut into cubes.
- Rub the mixture with your hands, for 5-6 minutes, until it has the texture of wet sand. Ideally, you should wear gloves to prevent the butter from melting (due to the heat of your hands).
- Add the egg and knead until there is a thick dough.
- Wrap with plastic wrap and refrigerate for 60 minutes to rest.
- Preheat the oven to 160° C (320° F) set to fan.
- Put the dough between two pieces of parchment paper and, with a rolling pin, roll it out into a sheet that is a little larger than your pan.
- Transfer the dough to a [heart-shaped springform pan](#) and press it with your hands so to shape it perfectly. Crimp the tart crust, 3-4 cm, to hold the filling well.
- Spread some plastic wrap, add legumes as pie weights, and bake for 30 minutes. Remove the pie weights and bake for 20 more minutes.
- Let it cool well.

For the ganache

- Place a [pot](#) over medium heat.
- Add the heavy cream and let it get hot. As soon as it comes to a boil, turn off the heat and the chocolate finely chopped. Wait 10 seconds for the chocolate to start melting.
- Add the bitter almond liqueur and stir with a silicone spatula until it melts completely.
- Set aside, so that the temperature of the ganache drops, and then spread it over the crust.
- Let it stabilize for 5-6 hours.
- Decorate with whipped cream, strawberries, chocolates, candies, mint, and serve.

Ingredients

For the tart crust

- 250 g all-purpose flour
- 100 g icing sugar
- 50 g cocoa powder
- 1 pinch salt
- 140 g butter, ice-cold
- 1 egg, medium

For the ganache

- 400 g heavy cream 35%
- 400 g chocolate couverture
- 50 g bitter almond liqueur

To serve

- [whipped cream](#)
- strawberries
- chocolates
- candies
- mint

Διατροφικός πίνακας

Nutrition information per portion

776 Calories (kcal)	50.0 Total Fat (g)	31.0 Saturated Fat (g)	67.0 Total Carbs (g)
39%	71%	155%	26%
40.0 Sugars (g)	9.3 Protein (g)	7.0 Fibre (g)	0.13 Sodium (g)
44%	19%	28%	2%