

## A recipe from *Some Kitchen Stories*

### Upside Down Fudge Almond Tart

Cooking Light (January 2010) | Yields: 10 Servings

#### Ingredients

Cooking spray  
1 Cup of coarsely chopped almonds, toasted  
4 Ounces of bittersweet chocolate, coarsely chopped  
6 TBsps of unsalted butter  
2 and 1/4 Ounces of all-purpose flour (about 1/2 Cup)  
3 TBsps of Dutch process cocoa, sifted  
1/4 Teaspoons of salt  
2 Large eggs  
6 TBsps of sugar  
2 TBsps of golden cane syrup  
3/4 Teaspoon of vanilla extract

#### Prepare

1. Preheat oven to 350 F. Set oven rack to lowest third of oven.
2. Coat a 9-inch round removable-bottom tart pan with cooking spray. Sprinkle almonds in pan.
3. Place an heatproof bowl over a saucepan with 1-2 inches of simmering water (or traditional double boiler). Combine chocolate and butter in bowl until chocolate melts, stirring occasionally. Remove from heat and set aside.
4. Combine flour (weigh for best results or use spoon/level method), Dutch cocoa and salt in a medium bowl and stir with whisk.
5. Place eggs in a large bowl of kitchen mixer; beat at medium speed for 2 minutes or until thick and pale.
6. Gradually add sugar, one tablespoon at a time, until sugar dissolves (about 2 minutes at medium speed).
7. Add golden cane syrup and vanilla; beat on low speed for 1 minute or until blended.
8. Add chocolate mixture; beat 1 minute or until blended. Add flour mixture, and beat on low speed just until combined.
9. Pour batter over nuts into the prepared pan, spreading evenly. Bake in oven for 20 minutes or until inserted wooden pick comes out with a few moist crumbs.

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10. Cool tart in pan for 20 minutes on wire rack.

11. Invert tart onto serving platter. Slice into 10 wedges to serve.

### **Nutritional Info (per serving):**

Calories: 281

Fat: 19.8g

Saturated fat: 7.7g

Monounsaturated fat: 8.1g

Polyunsaturated fat: 2.1g

Protein: 5.9g

Carbohydrate: 24.6g

Fiber: 2.7g

Cholesterol: 60mg

Iron: 1.6mg

Sodium: 80mg

Calcium: 45mg