

Whole Foods Market Recipe: Bittersweet Chocolate Tart with Raspberries

Written by Arizona Foothills

Sunday, 06 February 2011 15:47 - Last Updated Sunday, 06 February 2011 20:56

The perfect end to a romantic meal, this beautiful tart is made with Whole Trade Green & Black's Organic Chocolate. Its high content of cocoa solids yields intense, chocolate flavor and a smooth consistency while their eco-friendly and equitable business practices have truly made a difference in the lives of cacao growers in Belize and elsewhere.



Bittersweet Chocolate Tart with Raspberries

Serves 10 to 12

Ingredients

- 10.6 ounces Green & Black's Organic Baking Chocolate, finely chopped
- 1 cup heavy cream
- 2/3 cup lowfat milk
- 1 large egg and 1 egg yolk, lightly beaten
- 1 tablespoons vanilla extract
- 1/4 teaspoon sea salt
- 1 pre-baked 10-inch sweet tart shell
- 2 cups whipped cream
- 1 pint fresh raspberries

Method

Preheat oven to 350°F. Place chopped chocolate in a large metal bowl over a simmering saucepan of water to start melting. Meanwhile, heat cream and milk until hot but not boiling. Whisk hot milk mixture into melting chocolate until all chocolate is melted and smooth. Remove from heat and set aside. In another large bowl, whisk together eggs, vanilla and salt then continue to whisk as you gradually add the chocolate mixture. Pour filling into prepared crust. Bake tart until filling is almost set in center about 20 minutes. It will firm up more after coming out of the oven. Transfer to rack and let cool 15 minutes. Remove outer ring of pan and serve tart warm with whipped cream and fresh raspberries.

Nutrition

Per serving (About 5.5oz/148g-wt.): 490 calories (350 from fat), 39g total fat, 23g saturated fat, 6g protein, 36g total carbohydrate (3g dietary fiber, 16g sugar), 125mg cholesterol, 190mg sodium

www.wholefoodsmarket.com/recipes