

Candied Kumquat and Ricotta Cookie Tart

Adapted slightly from Gourmet Magazine, Feb. 2003

<http://www.epicurious.com/recipes/food/views/Candied-Kumquat-and-Ricotta-Tart-107772#ixzz2Y00ev01S>



Servings: 8

4 cups kumquats (About 1 1/2 lbs with leaves, about 1 lb without)

1 cup water

2 cups sugar, plus 2 tablespoons

1 teaspoon fennel seeds, lightly toasted

2/3 cup ricotta cheese

1/3 cup sour cream

1 pie crust, unbaked (you'll cut rounds from the raw dough)

Notes: Kumquats can be candied 1 day ahead and chilled in syrup (before reducing the syrup down), covered. Warm mixture before proceeding. Ricotta filling can be made 1 day ahead and chilled, covered. Pastry rounds may be assembled 2 hours ahead, baked and kept at room temperature.

1. Remove stems and leaves, if any, from the kumquats. Thinly slice kumquats crosswise with a sharp knife, discarding seeds.

2. Bring water and 2 cups sugar to a boil in a 2-quart heavy saucepan, stirring until sugar is dissolved, then simmer syrup, uncovered, 5 minutes. Stir in kumquats and simmer gently 10 minutes. Drain and cool kumquats in a sieve set over a bowl, then return drained syrup to pan and boil until reduced to about 1 1/3 cups, 3 to 5 minutes.

3. Finely grind toasted fennel seeds in coffee/spice grinder, then transfer to a bowl and whisk together with ricotta, remaining 2 tablespoons sugar, and a pinch of salt just until ricotta is slightly smoother. Whisk in sour cream until just combined.

4. Preheat oven to 375°F. Roll out pie crust dough and cut about 2 1/2 to 3-inch rounds. Place on parchment lined sheet and bake for 12-14 minutes until pastry rounds are golden brown. Remove from oven and allow to cool to room temperature. (You can use refrigerated pie dough for this.)

5. To serve, place a pastry round on each serving plate, spoon the ricotta mixture on top and drizzle the kumquats on top.

Per Serving (excluding unknown items): 420 Calories; 11g Fat (22.5% calories from fat); 5g Protein; 79g Carbohydrate; 8g Dietary Fiber; 15mg Cholesterol; 176mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 2 Fat; 3 1/2 Other Carbohydrates.