



SALTED CARAMEL DARK CHOCOLATE TART

YIELDS: 4 X 4" TARTS

This tart is made with Anita's Organic Rye flour because rye and chocolate go so well together! This recipe comes from our friend, Novell Fallar, a graduate of Centennial College's Pastry Arts program. Thanks Novell!



Ingredients

RYE SABLE TART SHELL

- 60g Anita's Organic Rye Flour
- 60g Anita's Organic All Purpose Flour
- 40g confectioners' sugar
- 25g egg
- 65g unsalted butter (softened)
- 5g vanilla extract
- 1g salt

SALTED CARAMEL

- 150g sugar
- 90g heavy cream
- 45g unsalted butter
- 1/2tsp salt

DARK CHOC GANACHE

- 300g heavy cream
- 320g (72%) dark chocolate

Instructions

RYE SABLE TART SHELL

1. Cream butter and sugar on low speed for 30 seconds. Add the egg and vanilla extract. Scrape down the sides of the bowl with a rubber spatula, and mix until evenly combined.
2. In another bowl, combine rye flour, all purpose flour, and salt. Stir in the flour mixture until just combined.

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3. Finish mixing the dough by hand to avoid overmixing.
4. Wrap the dough and flatten. Place in the fridge for 30 minutes.
5. On a work surface, roll out the dough (about 1/8") and place on individual greased tart moulds.
6. Return to the refrigerator to chill for 30 minutes.
7. Preheat the oven to 350F (175C).
8. Blind bake the tart shells for 20 minutes or until light golden.
9. Unmold the tart shell while still warm. Let cool completely on a wire rack at room temperature.

SALTED CARAMEL

1. Dry method: gradually add sugar in a saucepan and allow to melt. Once caramel colour is achieved, slowly add warm cream.
2. Cube by cube, add the butter and emulsify. Add the salt.
3. Cool at room temperature.

DARK CHOC GANACHE

1. Heat the cream. Once simmering, pour on the chocolate. Let it sit for 1-2 minutes.
2. Mix with a rubber spatula or immersion blender.
3. Cool at room temperature.