

Dessert

Florida Mango Tart

Chef Lindsay Autry - West Palm Beach, FL
Palm Beach Post

Servings: 4

1 9-inch pre-made pie dough (or 1/2 pound fresh-made pie dough)

3 ripe Florida mangoes

1/2 cup granulated sugar

1/2 cup water

1 teaspoon vanilla extract (or 1/2 vanilla bean, split and scraped)

Preheat oven to 375 degrees.

Roll out the pie dough to fit in a 9-inch pie pan or a rectangular tart pan. Gently press the dough into the pan to line completely. Set aside.

Working with a sharp paring knife, cut the large sides of the mango off the pit, saving the small sides. Cut each side in half and then run the knife along the skin side as if you were cutting a melon. Thinly slice each side of the mango and arrange in the pie pan lined with the dough. Remove the skin of the remaining mango pieces and roughly chop.

In a small saucepan, place the mango pieces, granulated sugar, water and vanilla. Bring the mixture to a simmer and gently cook for 15 minutes until it resembles a syrup. Strain the syrup, discarding the mango pieces and set aside.

Bake the mango tart in the oven for 20 minutes or until the crust is golden brown.

Carefully remove from the oven and drizzle the mango syrup over the pie.

Let cool and serve with your favorite ice cream or sorbet. (We used coconut gelato.)

Per Serving (excluding unknown items): 97 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 25g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1 1/2 Other Carbohydrates.