KIKKOMAN

Vegan tart with caramelized pears

Total time **40 mins** **30 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
1,992 kJ / 476 kcal

Fat: **29 g** Protein: **8.8 g**
Carbohydrates: **43.6 g**

INGREDIENTS

8 portion(s)

Crust:

100 g	dried dates
100 g	almonds
40 g	oats
2 tsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	almond butter (vegan butter)

Vanilla Cream:

80 g	vanilla pudding (vegan pudding)
600 ml	almond milk
100 g	sugar
180 g	vegan butter

Caramelized Pears:

3	pears
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	vegan butter
3 tbsp	sugar
2 tbsp	almond flakes
1 tsp	cinnamon
1	vanilla bean

Additionally:

3	scoops of vanilla ice cream

PREPARATION

Step 1

100 g dried dates - **100 g** almonds - **40 g** oats - **2 tsp** Kikkoman Naturally Brewed Soy Sauce - **2 tbsp** almond butter (vegan butter)
Crumble all the ingredients for the tart crust and mix together until a thick, sticky mass forms. Spread it onto the tart pan, smooth it out, and press it firmly into the bottom and sides of the pan. Place it in the refrigerator.

Step 2

80 g vanilla pudding (vegan pudding) - **600 ml** almond milk - **100 g** sugar - **180 g** vegan butter
Dissolve the pudding in 100 ml of cold almond milk. Heat the remaining almond milk until it boils. Pour in the pudding mixture. Stir quickly to combine, bring it to a boil, and then set it aside to cool completely.

Beat the room temperature vegan butter with sugar. Then, add the cooled pudding to it, one teaspoon at a time.

Spread the cream onto the prepared crust.

Step 3

3 pears - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** vegan butter - **3 tbsp** sugar - **2 tbsp** almond flakes - **1 tsp** cinnamon - **1** vanilla bean
Wash and peel the pears. Slice them into approximately 0.5 cm thick slices. In a pan, melt the butter with sugar. Add the pears, cinnamon, split vanilla bean, soy sauce, almond flakes and sauté together for a few minutes until the pears start to caramelize.

Place the cooled pears on top of the cream. Finish by garnishing the whole tart with scoops of ice cream and toasted almonds.