

Fruit Tarts



Tart Dough Ingredients

3.5 tbsp. unsalted butter, softened at room temperature (1.625 oz.)

¼ cup powdered sugar, sifted to remove lumps (1 oz.)

approximately ½ of a beaten egg (.75 oz.)

pinch of salt

optional- 1 tsp. finely chopped zest from lemon or orange

¾ cup pastry or all-purpose flour (3 oz.)

few drops vanilla extract

Procedure

1. Cream together the soft butter, powdered sugar and salt until homogenous.
2. Add the eggs and stir in. It will not be smooth or homogenous, but try to get incorporated.
3. Add the zest if using, flour and salt. Mix together well. Add the vanilla.
4. Dough will be very soft. Form into a disk and refrigerate for at least 30 minutes to firm up.
5. Roll dough out on a heavily floured surface.
6. If using to fill a tart or pie pan, roll to 1/8" thick approximately. Roll it a bit bigger than the pan and trim it.

Glaze Ingredients

½ cup apple or apricot jelly

3 tbsp. water

Procedure

1. Pour water in the bottom of a non-reactive sauce pan. Add jelly.
2. Heat over low heat until fluid while stirring constantly. Do not allow to boil.
3. While the glaze is warm, use a clean pastry brush to gently dab and brush all the surfaces of the fruit carefully to not dislodge it. If the glaze is too clumpy, add about a tablespoon of water and gently heat.

Yields approximately ½ cup glaze. This is enough for an 8" pie.

Filling

Pastry Cream or
Lemon Curd

An 8" pie will need approximately 2 cups of filling

Fruit

Any washed and dried fruit, (canned is acceptable)

Peeled (if needed), and cut or sliced into pieces or slices that will be presented nicely- prep a bit more extra fruit than what you think you need

How to assemble your Fruit Tarts

1. You need to pre-cook the dough since the fillings of these pies are cooked already.
 2. Preheat oven to 375°F. After the dough is lined in the pan, prick the bottom a few times with a fork for vent holes. Cut a piece of plastic wrap big enough to line the pan with a bit of hangover. Fill the pie shell with either pie weights or dried beans, or dried rice. Sorry- the beans or rice won't be able to be eaten after this use. This will weigh the dough down to prevent it from slipping in the shell, or bubbling up.
 3. Use the extra plastic wrap to wrap the weights in a little package.
 4. Place the pan in the oven. (Don't worry, the plastic wrap won't melt) and bake for approximately 10-15 minutes depending on size of pan(s). This needs to bake until the dough is set (looks dry) under the weights. At this point, carefully remove the package of weights from the crust. Place back in oven for approximately 5 minutes to create a little color on the crust.
 5. Let crust cool completely before filling with pastry cream, lemon curd, or other type of pudding or cooked filling!
- Tip- if topping the pie with fruit, only fill the crust up approximately $\frac{3}{4}$ of the way. This allows for a little displacement and will keep the finished tart from looking messy.
 - If you have extra dough- roll it out and use it as sugar cookies!!!!

