

Homemade Pop-Tarts

Adapted from Flour by Joanne Chang

Yield: 8

Ingredients:

Pâte Brisée:

- 1 3/4 cups all-purpose flour
- 1 tbsp. sugar
- 1 tsp. salt
- 1 cup unsalted butter, cold and cut up into 12 pieces
- 2 large egg yolks
- 3 tbsp. cold milk

Pop-Tarts:

- 1 large eggs, beaten
- 1 cup jam (raspberry, strawberry, blueberry, etc.)

Pop-Tart Glaze:

- 1 cup icing sugar
- 2-3 tbsp. milk

Directions:

Pâte Brisée:

1. In a large bowl, mix together flour, sugar and salt.
2. In either a mixer with the paddle attachment on low, or by hand with a pastry knife, cut the butter into the dry mixture until the butter pieces are around the size of peas.
3. In a small bowl, whisk together the egg yolks and milk.
4. Add the liquids to the butter mixture all at once and mix until the dough barely comes together.

The Breader Chef

5. Dump the dough onto an unfloured surface and work by mounding it and pressing it down a couple times. The dough should have streaks of butter once this is through, make sure not to over work the dough and melt butter with the heat of your hands.
6. Press the dough into a dish about 1-inch thick and refrigerate (at least 4 hours to 4 days) or freeze (up to a month) in plastic wrap.

Pop-Tarts:

1. Preheat the oven to 350F with the rack in the middle position.
2. After at least 4 hours of refrigeration, remove dough from plastic and divide in half.
3. Using each half, roll out the dough on a lightly floured surface into a 14-by-11-inch rectangle (should have two rectangles).
4. Taking one rectangle, lightly score the dough to make 8 rectangles about 5 1/2-by-3 1/2-inch in size.
5. Brush the dough with the egg mixture.
6. Spoon about 2 tbsp. of jam on to the center of each rectangle.
7. Take the other rectangle of dough and lay on top of the one with the jam.
8. Press the two pieces of dough together around the mounds of jam.
9. Using a knife (or pizza roller or fluted roller) cut the rectangles out to make the pop-tart shape.
10. Place the pop-tarts well spaced on a baking sheet and cook for 40 to 45 minutes, or until they are evenly golden.

The Bearer Chef

11. Once baked, let cool on baking sheet rested on a wire rack.

Pop-Tart Glaze:

1. While pop-tarts are cooling, mix the icing sugar and milk in a small bowl; should make a glaze that can be poured overtop the pop-tarts. If too thick or thin, add more milk or sugar respectively.

Assembly:

1. Once the pop-tarts have cooled for at least 30 minutes, brush tops with glaze and let stand for 10 minutes until the glaze hardens. Serve.

Notes:

The pop-tarts can be stored in an airtight container for 2 days at room temperature.

Add more festivity by adding sprinkles!