

Make It Sweet.

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Crop Tarts



We made our version of Pop Tarts for the Sustainable Food Center's annual fundraiser, Farm to Plate recently. This is always my favorite food event of the year and I love the challenge of coming up with new recipes using fresh, local ingredients. They were fun to make – and once we got the crust recipe just right – they were easy too. You could fill them with just about anything from fruit to veggies. Our fillings were all sourced from the farmer's market and were some unique flavors. Not sure that you will see them on the supermarket shelves – but I would get them if I could! We made big silver pouch bags to serve them in so that they looked like the real thing.

The Crust

I had not eaten a Pop Tart for years. I had some pretty fond memories of them – but when we bought some to try – they just did not quite measure up to my memory. This crust is crunchier and is a healthier version with the addition of whole wheat flours and flax seeds for flavor and texture. We used a ravioli pan for making the Crop Tarts, but they can also be made without the pan by just cutting them with a pastry wheel.

Ingredients

95 g (2/3 C) 10X Powdered Sugar
225 g (8 oz) Unsalted Butter
1 tsp Vanilla Bean Paste
200 g (1 2/3 C) All-Purpose Flour
60 g (1/3 C) Whole Wheat Flour
70 g (1/2 C) Whole Wheat Pastry Flour
40 g (1/4 C) Flax Seeds – finely ground
1 Large Egg

Making the Dough

Cream butter with the paddle attachment of a stand mixer until soft and creamy. Add powdered sugar and vanilla bean paste and mix together until fluffy. Add dry ingredients in 2 additions – all three flours and the flax seeds. Mix for a few seconds after each addition and just until all of the dry ingredients are incorporated. Add the egg and again mix just until combined. Put the dough out on the work surface and work the dough together kneading with the heel of your hand. Separate the dough into 4 equal size pieces.

Rolling the Dough

Roll the dough out between 2 pieces of parchment to 1/8" thick using sticks as a guide for even thickness. Each sheet should roll out to approximately 8" x 16" for the ravioli maker or for cutting them by hand. Place the sheets into the refrigerator for at least 60 minutes to allow the dough time to rest and to firm.



With 2 pans and 2 cutters we were able to work pretty quickly and get them done – but it still took awhile to make 900+ of these 1 ¼” squares!



Assembling the Crop Tarts

For assembly, have the filling, egg wash (1 egg and 1 Tbsp water whisked together), small pastry brush and either a ravioli cutter or fluted pastry wheel cutter. Remove the dough from the refrigerator and carefully peel off the top sheet of parchment paper. Dust lightly with a little bit of all-purpose flour. Flip the whole thing over and remove the other sheet of parchment. Lay the sheet (floured side down) onto the ravioli pan. Delicately press indentions into each cavity. Lightly brush entire surface with egg wash. Place a small amount of filling into each cavity - approximately 1 tsp – do not over-fill. Remove another sheet of dough from the refrigerator – peel off the top sheet of parchment and flip the parchment over so that the dough is not stuck to it. Flip both pieces with the dough over and peel off the other sheet of parchment. Carefully place the dough on top of the ravioli maker and press lightly. Once it is positioned, use a small rolling pin to roll over the dough. Do not push too hard or try to cut the dough by rolling over it. Turn the whole thing, pan and all, over quickly onto a parchment lined work surface. Remove the pan and you will have marked tarts that are ready to be cut with either a ravioli cutter or a fluted pastry wheel. Place cut tarts onto parchment paper lined baking sheet. They do not spread, but they do need a little space to bake evenly – so place them about 1” apart. Use a dry pastry brush to brush off any extra flour. Dock the top with the tines of a fork several times to prevent puffing while baking.

Baking

Preheat the oven to 375°F and bake for approximately 15 minutes or until lightly browned. While they are baking make the glaze by combining 1 ¼ C powdered sugar and about 3 Tbsp milk or water - add a little bit more if needed just until a thick glaze consistency. Allow the baked tarts to cool and pipe on the glaze.

Storage and Yield

With any shelf-stable filling, store at room temperature for up to 4 days. This recipe makes 48 mini Crop Tarts with the first roll of the dough. Extra dough can be re-rolled to make more.

Fillings

We made 3 different kinds of fillings for these Crop Tarts – we got all of the produce from the farmers market – making it fresh and delicious. These recipes easily make enough filling for 48+ mini Crop Tarts.

Kale, Fennel and Orange

2 Fennel Bulbs, 1 small bunch dinosaur kale, 4 Tbsp orange marmalade

Roughly chop the fennel and kale and place into a food processor along with the orange marmalade. Chop to a very fine consistency – but not a puree.

Carrot and Ginger Spice

½ lb carrots, 1 ½ Tbsp chopped fresh ginger, ½ tsp cinnamon, ¼ tsp cardamom, pinch ground cloves

Roughly chop the peeled carrots and place into a small saucepan along with the ginger. Add enough water the cover the carrots. Bring to a boil and then simmer until the carrots are very tender. Add more water if necessary. Strain and place in a food processor to puree along with the spices.

Beets and Strawberries

1 lb strawberries cleaned and hulled, ¼ lb beets peeled and finely chopped

Place beets, strawberries and water in a small saucepan and bring to a simmer. Cook until beets are very soft stirring often. Place into the bowl of a food processor and puree.

You can also use the filling like we sell for cakes (the raspberry one is great) or jams, Nutella, etc. There are so many options! Have fun making your own kind of Pop – Crop Tarts!