

# BAKING COACH®

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## Pop Tarts

Prep Time: 1 hr. Resting time 1-hour Servings: 9 Pop Tarts

### Here's What You Need:

#### Pie Dough:

2 2/3 cup all-purpose flour  
1 teaspoon salt  
2 tablespoon sugar  
1 cup cold unsalted butter or ½ cup unsalted butter + ½ cup vegetable shortening, chilled  
6 - 8 tablespoons ice cold water or orange juice

#### Filling:

**Sweet =Brown Sugar** – 1/3 cup brown sugar (light or dark), 1 teaspoon cinnamon, 1 tablespoon flour.

**Apple** – 1 large apple peeled, cored, and diced in to ¼ inch tiny pieces, 2 tablespoons sugar, 2 teaspoons flour, and 1 teaspoon cinnamon

**Chocolate**– 1 cup divided evenly – mini chocolate chips work best.

**S'more** – Mini chocolate chips work best: ¾ cup chocolate chips, ½ cup mini marshmallows (cut into 4 pieces) for filling. 2 rectangle graham crackers (crushed in a sandwich bag) to use as garnish after icing.

**Fruit Preserves** – 1 cup of your favorite preserves: raspberry, blueberry or strawberry

**Savory= Nacho Cheese** – 1 cup cheddar cheese mixed with 1 tablespoon taco seasoning

**Italian** – 1 cup shredded mozzarella mixed with ½ cup tomato sauce

#### Glaze for Sweet Pop Tarts only - In a small bowl, combine

1 – cup powdered sugar – 1 ½ - 2 tablespoons water and ½ teaspoon vanilla extract

#### Here is How You Do It:

Using your hands, crumble the first flour, salt, sugar and butter together (using your fingertips only) until the mixture turns slightly pale yellow and still has some larger chunks of butter/vegetable shortening. Make a well in the center of the flour/butter mixture, and add 6 tablespoons of ice water or orange juice. Now, gently using only your fingertips, mix the water into flour/butter mixture, and continue to add water if needed, one tablespoon at a time until a soft (but not sticky) dough is formed. Once the dough is formed, you can work it with both hands until smooth. Roll it into 2 balls, flatten into disks, wrap it in plastic wrap, and let it rest in the refrigerator for at least an hour.

Remove one disk from the fridge, and roll out dough to a large rectangle 9 X 12 about 1/8 inch in thickness on a lightly- floured flat surface. Trim edges with a knife, cut into nine 3 x 4-inch rectangles. On a cookie sheet covered with parchment paper or gently greased, arrange all 9 pop tarts to fit on one pan. They only need to be 1 inch apart, since this dough does not spread that much. Decide which filling you will be making and place 1 ½ to 2 tablespoons of filling into the center of each bottom crust. Make sure to leave at least ½ inch around the edges to seal your tarts.

#### Preheat oven to 350 degrees.

Place cookie sheet in fridge and remove the 2<sup>nd</sup> disk from the fridge. Roll out and cut as listed above. Remove cookie sheet with half-assembled tarts on the cookie sheet from fridge. Make your egg wash, brush each rectangle with egg wash, and place the egg side down on top of the filling. Then, using your finger and then a fork, press edges tightly. Repeat this process for the remaining pop tarts. Brush the tops with remaining egg wash, fork the top of pop tart 3 times with a fork to make vent holes, and bake in the oven for 22- 25 minutes.

Cool completely, and for sweet pop tarts, make the sugar glaze and coat the top of your pop tart with the glaze. Store in an air- tight container in the fridge for up to 5 days or freeze your pop tarts for 3 months.