

Pastry for a Sweetheart (Sweet Tart)
(French Taste, Laura Calder)

Ingredients

2 cups (250 g) flour
Pinch salt
1/2 cup + 2 tbsp (150 g) cold,
unsalted butter, cut into pieces
1 egg, beaten
1/3 cup (70 g) sugar



Directions

Mix the flour and salt together in a large bowl. Cut in the butter with a pastry cutter then using fingertips until small crumbs or a meal texture is formed. Mix together the egg and the sugar. Make a well in the middle, pour in the egg mixture. Quickly mix together using fingers until a small ball forms. Divide in two and form into flat disks. Wrap in plastic wrap and refrigerate for at least 30 minutes or overnight.

When ready to use, roll out to about 1/8 " thickness on a lightly floured surface with a lightly floured rolling pin. Using a cookie cutter, cut rounds and tuck them into the tart tins. Poke the bottoms two or three times with a fork. Beat one egg white and brush on the bottoms. Refrigerate for another 30 minutes.

Turn the oven to 400° F and bake for about 7-8 minutes. (*Larger, single size tarts should be lined with parchment paper and filled with beans or pie weights.) Turn the temperature down to 350° F (*Remove parchment paper and pie weights if using) and continue baking until tarts are lightly browned. Approximately 5-8 more minutes if tarts are tiny. Just keep an eye on them so they don't over cook because they're so small.