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Names:

☺- Lab Leader

# Homemade Pop Tarts

## Dough:

2 cups flour  
1 tablespoon sugar  
1 teaspoon salt  
1 cup (2 sticks) unsalted butter, cubed  
1 large egg  
2 tablespoons milk  
\*1 additional egg (to brush on pastry)

Read through the directions/ingredients:

**CIRCLE** all of the equipment needed

**UNDERLINE** all of the cooking techniques

## Dough Directions:

1. Whisk together the flour, sugar, and salt.
2. Cut in the butter with your finger tips or pastry blender until pea-sized lumps of butter are still visible, and the mixture holds together when you squeeze it. (Work fast; you don't want the butter to melt!)
3. Whisk one egg and milk together and combine them into the dough, mixing just until everything is cohesive, kneading briefly on a well-floured counter if necessary.
4. Divide the dough in half; place one piece on a lightly floured work surface, and roll it into a rectangle about 1/8" thick, large enough that you can trim it to an even 8" x 10".
5. Repeat with the second piece of dough. Set trimmings aside. Cut a "plus sign" into the dough which will be even halves – you'll form four 4" x 5" rectangles for each half of dough (8 rectangles total).
6. Beat the additional egg and brush it over the entire surface of the first dough. This will be the "inside" of the tart; the egg is to help glue the lid on.
7. Place a few heaping tablespoons of filling into the center of each rectangle, keeping a bare 1/2-inch perimeter around it.
8. Place a second rectangle of dough atop the first, using your fingertips to press firmly around the pocket of filling, sealing the dough well on all sides. Crimp the edges with a fork.
9. Place the tarts on a parchment-lined baking sheet. Dock the top of each tart multiple times with a fork
10. Preheat oven to 350 F. Bake for 20 to 25 minutes, until they're a light golden brown

### Cinnamon Filling

1/2 C brown sugar

2 teaspoons ground cinnamon, to taste

4 teaspoons all-purpose flour

Cinnamon filling directions: Whisk together the sugar, cinnamon, and flour.

### Pop Tart Glaze

- 2 cups confectioner's sugar
- 2 tablespoons light corn syrup
- 2 tablespoons whole milk + extra if needed

### Directions:

In a small bowl, whisk together the confectioner's sugar, corn syrup and milk. If it is not smooth, add a touch more milk.