

INTERNATIONAL FOOD FAIR – VIRTUAL TOUR

Butter Tarts



CANADA



SERVINGS

12

INGREDIENTS

¾ Cup packed brown sugar
1/3 Cup unsalted butter
2 Tsp vanilla extract
1 Large egg
½ Cup raisins *or**
(Other nuts, dried currants, or a mix of all)
Homemade or pre-packaged pastry dough
or shells



10-25 Minutes



4-6 Minutes and
10-16 Minutes

TOOLS NEEDED

Medium pot, muffin tins,
bowls, whisk, spatula, circle
pastry cutter or medium
drinking cup.

PROCEDURE

Cut pastry dough into 1/8 inch thick small circles and form them into shells in a muffin tin. (I use the top part of a medium drinking cup to cut the circles) If you have pre-made shells, bake directly from frozen. Bake the shells at 375 F for 4-6 minutes until lightly cooked/firm. You can also cook the shells and filling at the same time but you are more likely to get soggy/leaking tart bottoms. So I cook the shell a bit beforehand. In a pot, lightly boil butter and brown sugar until thick. Take off heat. Beat one egg and *temper* it into the mixture. (If you accidentally scramble the egg, the tarts are still edible, they just don't look as nice). Stir in the raisins. Pour caramel mixture into the tart shells 2/3 of the way and bake for 10-16 minutes at 375 F. Over-filling can cause boiling over in the oven, but they will still be delicious. The baking time varies because it depends on how long you cooked your shells prior. The filling just needs to heat enough to cook the egg and solidify the caramel. The shell should usually be lightly golden and the filling should look not runny. Let cool and enjoy.

Here is a link to a pastry dough recipe:

<https://www.marthastewart.com/326897/basic-pastry-dough>

Note: Here is a video about how to *temper* an egg. (This recipe doesn't need the second boil because it is baked after)

<https://www.youtube.com/watch?v=ezencQbQrvc>

Note from Author: These tarts were served at every major family gathering growing up. My Nana even keeps some frozen in her freezer year round in case she needs to pull some out to thaw for an unexpected get-together.

The ones we make at home use a pre-made tart shell, but I have had no luck finding them in the USA (See pic below). So my husband and I have had to start making our own tart shells. Also, my husband hates raisins, so I double the butter/brown sugar/egg mixture and make some "plain" caramel filled ones for him – this is perfect if you also have someone who hates raisins or nuts!

