

THE WAY THE COOKIE CRUMBLES



Strawberry Pop-Tarts (adapted from King Arthur Flour via Smitten Kitchen)

Makes 9

My dough was too crumbly with just one egg, so I also used part of the egg used for the egg wash.

I used the icing because I wanted my tarts to be as traditional as possible, but, it turns out, royal icing on pie just isn't that good. It's pretty, but I don't recommend it for the best flavor.

I replaced a quarter of the flour with whole wheat pastry flour.

Pastry:

2 cups (8½ ounces) all-purpose flour
1 tablespoon sugar
1 teaspoon salt
2 sticks (16 tablespoons) unsalted butter, diced
1 large egg, lightly beaten
2 tablespoons milk

Filling:

1 tablespoon cornstarch
1 tablespoon water
¾ cup (8 ounces) strawberry jam

Egg wash:

1 large egg
salt

Icing:

½ cup (2 ounces) powdered sugar
1 teaspoon meringue powder
1 tablespoon water

1. For the dough: Combine the flour, sugar, and salt in a food processor. Add the butter and pulse until it is cut into pea-sized pieces. Add the egg and milk and pulse until the dough looks crumbly but stays together when pinched. Turn the dough out onto a work surface or shallow bowl, forming it into a ball and kneading a few times. Divide the dough in half and shape each half into a rectangle, about 3 by 5 inches. Wrap the dough tightly in plastic wrap; chill for at least 30 minutes or up to 2 days.

2. Meanwhile, make the filling: In a small saucepan, stir together the cornstarch and water. Mix in the jam. Bring the mixture to a simmer over medium heat; simmer for 2 minutes. Remove from the heat; cool completely before using.

3. On a lightly floured work surface, roll one portion of the dough to ⅛-inch thick, slightly larger than a 9 by 12-inch rectangle. Repeat with the second piece of dough. Trim each portion of dough into a 9 by 12-inch rectangle. Cut each piece of dough into thirds both lengthwise and crosswise, forming a total of 18 3 by 4-inch rectangles.

4. Beat the additional egg with a pinch of salt and brush it over the entire surface of half of the dough. Place a heaping tablespoon of filling into the center of each egg-brushed rectangle, keeping a bare ½-inch perimeter around the jam. Place a second rectangle of dough on top of the jam, using your fingertips to press firmly around the pocket of filling, sealing the dough well on all sides. Press the tines of a fork all around the edge of the rectangle. Repeat with remaining rectangles of dough to form 9 tarts.
5. Transfer the tarts to a baking sheet lined with parchment paper or a silicone mat. Prick the top of each tart multiple times with a fork to allow steam to escape. Refrigerate the tarts (they don't need to be covered) for 30 minutes (or freeze for 15 minutes), while you heat your oven to 350 degrees.
6. Bake the tarts for 20 to 25 minutes, until they're light golden brown. Transfer them to a wire rack to cool for at least 10 minutes before icing.
7. In a small bowl, beat the powdered sugar, meringue powder, and water with a hand mixer until soft peaks form. Dribble over the tarts. Let set at least 20 minutes for the icing to set.