

Week # 5 4-H Bake a long- Pop Tarts

Ingredients- Crust

2 ½ cups All Purpose Flour
1 teaspoon Salt
10 table spoons Cold Butter
¼ cup Shortening
Cold Water

2 TBSP Coca Powder

1 TBSP Flour

Brown Sugar Cinnamon Filling

½ cup Brown Sugar

2 TSP Cinnamon

1 TBSP Flour

Ingredients- Filling/Other

Fruit Filling

¾ cup Jam of your choice

1 tablespoon Corn Starch

1 tablespoon Water

Chocolate filling

½ cup White Sugar

Egg Wash

1 Egg, beaten

2 TBSP Milk

Icing

Powdered Sugar

Water

Flavoring

Instructions

1. Cut butter into cubes, and cut shortening into cubes and place in freezer
2. Measure a cup of cold water and place in freezer
3. Combine flour, sugar, and salt in large mixing bowl
4. Remove butter from freezer
5. Work in the butter just until the mixture is unevenly crumbly
6. Remove water from the freezer and add to dry mixture, a little at a time, JUST until your dough comes together. You may not use a full cup, or it may take more than a cup.
7. Form the dough into two disks and place in refrigerator to chill for at least 15 minutes but 30 minutes is better
8. Meanwhile make your filling. For Chocolate and brown sugar and cinnamon just mix ingredients together in a bowl, for fruit filling, combined corn starch and water in a small bowl to make a slurry. In a sauce pan, put ¾ a cup of jam of your choice, Wisk in the slurry and bring to a boil. Boil 2 minutes, and remove from heat. Pour into a heat safe bowl, and refrigerate until time to use.



9. Remove the dough from the refrigerator. Lightly flour a clean work surface and dust the dough with flour. Roll the dough to about 1/8" thick large enough to cut into a 9" x 12" rectangle. Cut the 9x12 inch rectangle into 9 equal 3x4" pieces by cutting four lines across on the 12-inch side and three down the 9-inch side. Gather dough scraps together and set aside.
10. Place the 9 individual pieces of dough on a parchment lined baking sheet.
11. Beat together the egg and milk. Brush the egg mixture all over the cut pastry pieces. Place 1 tablespoon of the filling in the center of each pastry.
12. Roll out the second pastry disc to the same dimensions and cut into 9 individual pieces. Prick the dough with the tines of a fork, the round end of a small clean paint brush or chop stick to create vent holes.
13. Place each piece of vented dough over the filling. Press the edges together firmly with a fork to seal. Repeat until all pockets are formed.
14. Brush the tops of the pockets with a little bit of the egg and milk mixture. Place the baking sheet with the uncovered pastries in the refrigerator for 30 minutes.
15. Preheat oven to 350 degrees.
16. Gather all remaining scraps of dough and divide in half. Roll out to 1/8" thick and cut into additional 3x4" pieces or use a biscuit cutter to make round pieces. Repeat with remaining dough by filling, brushing and refrigerating. I was able to make 6 additional small round pie pockets with the ingredients at hand.
17. Remove the pastries from the refrigerator and bake at 350 degrees for 30 minutes or until golden brown.
18. Remove the pastries to a wire rack and cool
19. For Icing, mix powdered sugar and water (you only need a little bit of water) to make an icing. You can add vanilla for flavoring, or you can add cinnamon or cocoa depending on flavor of pop tarts you have made!
20. When cool, spread icing and allow to dry
21. Enjoy!

