

Our State eats

Published in the December 2021 issue of Our State

Brown Sugar Breakfast Tarts

Yield: 6 tarts.

DOUGH

- 2½ cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon granulated sugar
- ¾ cup unsalted butter, chilled and cubed
- 6 tablespoons vegetable shortening, chilled
- 4 to 5 tablespoons ice water

FILLING

- ½ cup light brown sugar
- 2 teaspoons ground cinnamon
- 1 tablespoon all-purpose flour
- 1 tablespoon unsalted butter, melted
- 2 teaspoons maple syrup

ICING

- 1 cup powdered sugar
- 1 teaspoon ground cinnamon
- ¼ teaspoon vanilla extract
- 2 tablespoons whole milk

For the dough: In a large bowl, whisk together flour, salt, and sugar. Using two forks or a pastry cutter, cut butter and shortening into the flour mixture. After a few minutes, the flour will resemble a sand-like consistency with a few medium-size lumps.

Add in 2 tablespoons of ice water and combine using a rubber spatula. Gently mix in 2 more tablespoons of ice water. The dough should come together and form a mass, but still easily fall apart. It's ready when the dough starts to stick to the spatula.

Scrape dough out onto a lightly floured surface. Form into a rectangular shape and cut in half. Wrap each half separately in plastic wrap and refrigerate for at least 2 hours or overnight.

After dough has chilled, take one half out of the fridge and let it sit at room temperature for about 15 minutes. On a floured surface, roll dough out to about 9 x 13 inches and ⅛-inch thickness. Using a pizza cutter, slice six 3 x 4-inch rectangles and transfer to a small tray lined with parchment paper. Place in the fridge and repeat for the second half of dough for a total of 12 rectangles.

For the filling: In a small bowl, combine all of the ingredients and preheat oven to 350°.

Take 6 of the dough rectangles out of the fridge and place them, evenly spaced, on a large baking sheet lined with parchment paper. Add 1 tablespoon filling to the center of each rectangle. Spread it evenly, leaving about ½ an inch around the edges.

Take the remaining 6 rectangles out of the fridge and use a toothpick to poke 6 to 7 holes into each. Set aside.



Dab the edges of the filled rectangles with cold water and place the perforated rectangles on top. Gently press the edges to seal. Crimp the edges with a fork, then bake for 25 to 28 minutes. They should come out dull on top with a slightly golden edge. Cool tarts on the baking sheet for about 10 minutes, then transfer to a cooling rack.

For the icing: In a small bowl, combine all of the ingredients and mix until smooth. Spoon into the center of the cooled tarts and gently spread toward the edges. The icing will be thin enough to run down the sides. Sprinkle with a little cinnamon sugar, if desired.

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