

## Homemade Pop Tarts

2 cups + 2 Tbsp all-purpose flour, plus more for rolling  
1 tsp salt  
1 tsp granulated sugar  
1 cup unsalted butter, cold and diced into 1/2-inch cubes  
4 – 5 Tbsp ice water  
3/4 cup strawberry preserves, divided (or other preserve of choice)

### **Icing**

1 cup powdered sugar  
2 Tbsp half and half, plus more as needed  
1/4 tsp vanilla extract

### Day 1

1. In a mixing bowl, whisk flour, salt, and granulated sugar.
2. Cut cold butter into small pieces.
3. Put the cold butter into the flour mixture. Using two butter knives, “cut in” the butter into the flour mixture until resembles coarse meal.
4. Add 1 Tbsp water at a time and continue to cut the mixture. Add until you have added all four (4) tablespoons. If it does not start to clump together, add the last tablespoon.
5. Drop mixture onto a clean surface, gather dough into a ball then divide into two portions. Shape each portion into about a 5-inch disk. Cover each with plastic wrap and chill 1 hour.

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### Icing

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### Day 2

1. Preheat oven to 375 degrees.
2. Line two large, rimmed baking sheets with parchment paper.
3. Roll out each disc into 13 by 11 inch rectangle.
4. Cut eight 5X3 inch rectangles.
5. Arrange 4 of the rectangles, spaced evenly apart on prepared baking sheet.
6. Spread 1 1/2 Tbsp of jam evenly down the center of each rectangle, leaving about a 3/4-inch rim on all sides uncoated.
7. Top each with another rectangle, then seal edges with your fingertips, then reseal with a fork
8. Bake frozen tarts until golden, rotating racks once halfway through baking, about 15 - 20 minutes.
9. Allow to cool on baking sheet several minutes then transfer to a wire rack to cool completely.

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Class: \_\_\_\_\_

## Kitchen Lab Planning Sheet

Unit: \_\_\_\_\_ Recipe: \_\_\_\_\_

<b>Head Chef</b>		<b>Sous Chef</b>	
Designates roles to others. Cooks at stove/puts food in oven. Sweeps floor. Assists and checks all cleaning is complete. Citizenship.		Chops necessary foods. Preheats oven if used. Assists cook. Wipes tables. Citizenship	
<b>Assistant</b>	<b>Helper</b>	<b>Aid</b>	
Gets equipment needed. Dries/puts away dishes. Puts dirty laundry away. Citizenship.	Measures ingredients from teacher. Gets clean linens, Washes dishes. Citizenship.	Measures ingredients from bin. Wipes counters and stove. Fills up any canisters. Citizenship.	

List ALL equipment used for this recipe.

What is your evaluation of the recipe? (circle one)

Yay! ☺

Meh

Nay ☹

What changes would you make to the recipe or how it was prepared? Please explain.

Chef initials to indicate kitchen is acceptable at the end of the class. \_\_\_\_\_

**Using as much detail as you can, please fill in the blank and finish the sentence starter.**

I would rate myself as \_\_\_\_\_ (working hard, working, or hardly working) because . . .

I would rate \_\_\_\_\_ (name of team member) \_\_\_\_\_ (working hard, working, or hardly working) because . . .

I would rate \_\_\_\_\_ (name of team member) \_\_\_\_\_ (working hard, working, or hardly working) because . . .

I would rate \_\_\_\_\_ (name of team member) \_\_\_\_\_ (working hard, working, or hardly working) because . . .

I would rate \_\_\_\_\_ (name of team member) \_\_\_\_\_ (working hard, working, or hardly working) because . . .