

IN THE KITCHEN with TAKE A BITE OF BC!

FREE FORM
TARTS



Watch our [free form tart video](#) to learn from BCAITC's Chef Randle all about creating a tart that can be filled with fresh, in-season, BC fruit!

Once you can make a basic free form tart, you can use it to create a variety of recipes in your home economics classroom.

FREE FORM BC FRUIT TART RECIPE

YIELD: 1 x 20 cm tart

- 360mL all-purpose flour
- 15mL granulated sugar
- 180mL BC butter
- pinch of salt
- 95mL ice water
- 480mL of sliced BC apples
- 480mL of sliced BC strawberries
- zest of 1 lemon
- 80mL granulated sugar
- 20mL cornstarch
- 30mL BC butter, cubed
- 1 BC egg
- 30mL cold water
- coarse sugar

Method

1. Preheat oven to 400°F.
2. Crust: place flour, sugar, and salt in a bowl and mix.
3. Add 180mL of cold, diced butter.
4. Cut in with a fork or pastry blender until butter is pea-sized.
5. Add cold water and mix until just combined.
6. Gather the dough with your hands and squeeze into a ball.
7. Wrap in plastic wrap, flatten, and refrigerate for at least 30 minutes.
8. Roll out the dough until 0.5 cm thick and 25 cm in diameter. Place on a lined cookie sheet.
9. In a bowl, combine apples, strawberries, lemon zest, sugar, and cornstarch. Mix until combined.
10. Place fruit mixture in the middle of the rolled-out dough - leaving about 3 cm around the edge.
11. Start to fold the dough inwards, pleating every couple of inches.
12. Top the fruit with 30mL of cubed butter.
13. Combine egg and water in a small bowl, whisk.
14. Brush crust with egg mixture, and sprinkle with coarse sugar.
15. Place tray in pre-heated oven, bake for 45 minutes or until the crust is golden brown.
16. Remove from oven when done and allow to cool.

Learn more about how BC strawberries are grown by [watching a video tour of a BC strawberry farm!](#)



ALSO...

Visit BCAITC.ca for more resources all about BC apples and BC strawberries!

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WHAT IS THE KEY TO GETTING A FLAKY PIE CRUST?

1. Cold butter: if your butter is too warm, you will lose the flakiness.
2. Cutting-in small pieces of butter - not mixing them - will allow all the little butter pieces to become coated in flour, which will help create a flaky crust.
3. Use the right tools: a pastry blender, forks, cold hands, or a food processor (do not to overmix!).

BACON AND EGG FREE FORM BREAKFAST TART

YIELD: 4 x 12cm tarts

For the pastry:

- 360mL all-purpose flour
- 180mL BC butter
- Pinch salt
- 95mL ice water
- 240mL BC cheddar cheese, grated
- 120mL cooked BC bacon, chopped
- 4 BC eggs
- Salt and pepper

To finish:

- 1 BC egg
- 30mL cold water

Garnish with:

- 60mL green onion



Looking for more recipes to use in your home economics classroom?

Visit BCAITC.ca/recipes



Read our **Spotlight on BC Eggs** for more information and activities for your classroom.

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BACON AND EGG FREE FORM BREAKFAST TART

YIELD: 4 x 12cm tarts

Method:

1. Preheat oven to 400°F.
2. Crust: place flour and salt in a bowl and mix.
3. Add 180mL (3/4 cup) of cold, diced butter.
4. Cut in the butter with a fork or pastry blender until it is pea-sized.
5. Add cold water and mix until just combined.
6. Gather the dough with your hands and squeeze into a ball.
7. Wrap in plastic wrap, flatten, and refrigerate for at least 30 minutes.
8. Roll out dough until 0.5 cm (1/4") thick - cut 4 x 17 cm (8") circles and place on lined cookie sheet.
9. Divide cheese and spread evenly between dough circles.
10. Fold the dough inwards, about 2 cm (1") , pleating every 3-4 cm (2").
11. Top with desired toppings, such as bacon.
12. Combine egg and water in small bowl and whisk.
13. Brush the crust pleats with egg mixture.
14. Place tray in preheated oven, bake for 10-15 minutes or until crust is a light golden brown.
15. Remove from the oven.
16. Using a spoon, make an indent deep enough for the egg.
17. Crack an egg in the middle of each tart.
18. Season with salt and pepper.
19. Return tarts to oven for 6-10 minutes.
20. Remove from oven, garnish as desired, serve immediately.

DID YOU KNOW...

Another name for a free form tart is a "galette," which means "flat round of pastry." They are known for being less fussy than a tart or pie.

Tarts and pies are also baked in a mould or dish while free form tarts, or galettes, are not.

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Free Form Tart Video Student Handout

NAME: _____ CLASS: _____

1. Chef Randle is using _____ water to make the pastry.
2. _____ flour is fine to use in the tart.
3. The salt _____ the flavour.
4. If you do not have a pastry blender, you can use a couple of _____, cold hands or a food processor.
5. The butter should be _____ sized.
6. If the butter melts, you loose the chance of the pastry being _____.
7. After the dough ball is formed, you need to let it rest _____ minutes or more.
8. The dough will _____ a little bit when you first start to roll it.
9. There are _____ of layers of flour and butter to make the flaky crust.
10. Combining cornstarch with the fruit helps soak up the _____, creating a nice rich sauce.
11. Sugar draws the liquid out of the fruit. This is called _____.
12. When assembling the tart, pile the fruit in the center leaving _____ 2-3cm strip of dough around the edges.
13. Applying an egg wash will help the tart to _____ nice and evenly.
14. _____ is the perfect way to finish the tart.

Word Bank

ICE	ONE	FLAKY
BROWN	MACERATING	30
ALL PURPOSE	CRACK	JUICES
ICE CREAM	HUNDREDS	FORKS
ENHANCES	PEA	

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Free Form Tart Video Guide Answer Key

1. Chef Randle is using **ICE** water to make the pastry.
2. **ALL PURPOSE** flour is fine to use in the tart.
3. The salt **ENHANCES** the flavour.
4. If you do not have a pastry blender, you can use a couple of **FORKS**, cold hands or food processor.
5. The butter should be **PEA** sized.
6. If the butter melts, you lose the chance of the pastry being **FLAKY**.
7. After the dough ball is formed you need to let it rest **30** minutes or more.
8. The dough will **CRACK** a little bit when you first start to roll it.
9. There are **HUNDREDS** of layers of flour and butter to make the flaky crust.
10. Combining cornstarch with the fruit helps soak up the **JUICES**, creating a nice rich sauce.
11. Sugar draws the liquid out of the fruit. This is called **MACERATING**.
12. When assembling the tart, pile the fruit in the center leaving **ONE** to 2-3 cm (one and a half inches) strip of dough around the edges.
13. Applying an egg wash will help the tart to **BROWN** nice and evenly.
14. **ICE CREAM** is the perfect way to finish the tart.

IN THE KITCHEN with TAKE A BITE OF BC!

BCAITC's Chef Randle

FREE FORM
TARTS

FREE FORM BC FRUIT TART

YIELD: 1 x 10" tart

- 360mL (1.5 cups) all-purpose flour
- 15mL (1 Tbsp) granulated sugar
- 180mL (3/4 cup) BC butter
- pinch salt
- 95mL (1/3 cup + 1 Tbsp) ice water
- 480mL (2 cups) sliced BC apples
- 480mL (2 cups) sliced BC strawberries
- zest of 1 lemon
- 80mL (1/3 cup) granulated sugar
- 20mL (4 tsp) cornstarch
- 30mL (2 Tbsp) BC butter, cubed
- 1 BC egg
- 30mL (2 Tbsp) cold water
- Coarse sugar

Method

1. Preheat oven to 400°F.
2. Crust: place flour, sugar, and salt in a bowl and mix.
3. Add 180mL of cold, diced butter.
4. Cut in the butter with a fork or pastry blender until it is pea-sized.
5. Add cold water and mix until just combined.
6. Gather the dough with your hands and squeeze into a ball.
7. Wrap in plastic wrap, flatten, and refrigerate for at least 30 minutes.
8. Roll out dough until 0.5 cm (1/4") thick and 20 cm (10") in diameter.
9. In a bowl, combine apples, strawberries, lemon zest, sugar, and cornstarch. Mix until combined.
10. Place fruit mixture in the middle of the rolled-out dough - leaving about 3cm (1.5") around the edge.
11. Start to fold the dough inwards, pleating every 2cm or every couple of inches.
12. Top the fruit with 30mL of cubed butter.
13. Combine egg and water in bowl, whisk.
14. Brush crust with egg mixture, and sprinkle with coarse sugar.
15. Place tray in pre-heated oven. Bake for 45 minutes or until crust is golden brown.
16. Remove from oven when done and allow to cool.

IN THE KITCHEN with TAKE A BITE OF BC!

BCAITC's Chef Randle

FREE FORM
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FREE FORM BREAKFAST TARTS

YIELD: 4 x 12 cm (5") tarts



Pear and prosciutto tart

For the pastry

- 360mL (1.5 cups) all-purpose flour
- 180mL (3/4 cup) BC butter
- Pinch salt
- 95mL (1/3 cup + 1 Tbsp) ice water
- 240mL (1 cup) BC cheddar cheese, grated

For the bacon and egg tart

- 120mL (1/2 cup) cooked bacon, chopped
- 4 BC eggs
- Salt and pepper

Garnish with:

- 60mL (1/4 cup) green onion

For the pear and prosciutto tart:

- 240mL (1 cup) BC Gruyere cheese, grated
- 60mL (1/4 cup) BC onion, sliced thin and caramelized
- 16 BC grape tomatoes, halved
- 12 thin slices of BC pear
- 12 walnut halves
- 4 slices of Prosciutto, torn into pieces
- 60mL (1/4 cup) BC goat cheese
- 4 BC eggs
- Salt and pepper

To finish:

- 1 BC egg
- 30mL (2 Tbsp) cold water

Garnish with:

- Reduced balsamic glaze
- 160mL (2/3 cup) BC arugula, drizzled with juice of 1/4 lemon and seasoned with salt and pepper

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BCAITC's Chef Randle

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FREE FORM BREAKFAST TARTS

YIELD: 4 x 12 cm (5") tarts

Method

1. Preheat oven to 400°F.
2. To make the crust, place flour and salt in a bowl and mix.
3. Add 180mL (3/4 cup) of cold diced butter.
4. Cut in with a fork or pastry blender until butter is pea sized.
5. Add cold water and mix until just combined.
6. Gather the dough with your hands and squeeze into a ball.
7. Wrap in plastic wrap, flatten and store in the refrigerator for at least 30 minutes or up to three days.
8. Roll out the dough until 0.5 cm (1/4") thick circle. Cut 4 – 17 cm (8") circles and place on a lined cookie sheet.
9. Divide cheese and spread evenly between the four dough circles.
10. Start to fold the dough inwards, about 2 cm (1"), pleating every 3 or 4 cm (2"). It's ok if cheese is under the pleats.
11. Top with desired toppings, such as eggs, bacon, cheese, tomato, sauteed onion, or prosciutto.
12. Combine egg and water in a small bowl and whisk.
13. Brush the crust pleats with the egg mixture.
14. Place the tray in the pre heated oven and bake for 10 – 15 minutes or until crust is a light golden brown.
15. Remove from the oven.
16. Using a spoon, make an indent deep and wide enough for the egg.
17. Crack an egg in the middle of each tart.
18. Season with salt and pepper.
19. Return back to the oven for 6 – 10 minutes or until desired doneness of the egg is complete.
20. Remove the cooked tarts from the oven and garnish as desired.
21. Serve immediately.

