

# IN THE KITCHEN with TAKE A BITE OF BC!

**BCAITC's Chef Randle**

FREE FORM  
TARTS

## 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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### 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.

