

# IN THE KITCHEN <sup>with</sup> 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.