

RECIPE

Pop Tarts!



Makes 4 poptarts

Tools

Mixing bowl

Wooden spoon

Rolling pin

Pizza cutter/small knife

Small spoon

Fork

Bowl or cardboard boat for glaze

Ingredients

For the Dough

- 1 cup flour
- 2 teaspoons sugar
- 1/2 teaspoon salt
- ½ cup unsalted butter, very cold
- Ice water to form dough.

For the Filling

- ½ cup Chocolate chips

For the Glaze

individual

- 1 tablespoons whipping cream
- 1/4 teaspoon vanilla extract
- 1/4 cup confectioner's sugar

DON'T FORGET THE

- Rainbow sprinkles

Preparation

1. Preheat oven to 400.
2. Add dry ingredients to the diced butter.
3. Work the butter into the flour with the tips of their fingers, breaking up the butter into the flour.
4. Start by drizzling 1 tbsp of ice-cold water over the butter and flour mixture.
5. Gather the dough together. You'll probably need an additional teaspoon or more of cold water to bring it together, but add it a little at a time.

6. Place the ball of dough on a parchment lined sheet pan and that goes into the fridge
7. While the dough chills a bit, clean the tables and pass out the chocolate chips.
8. **Time to roll them out!**
9. Roll the dough out into a rectangle 10in x 8in.
10. Cut into 4 rectangles and transfer to a baking sheet lined with parchment paper.
11. Place about 2 Tbs of chocolate chips onto the center of one side of each rectangle.
12. Fold the rectangle over to cover the chocolate chips and seal closed with a fork.
13. Bake at 400F for 15 minutes, then transfer to the blast freezer to cool..
14. If making the glaze in class, combine the whipping cream and vanilla extract in a bowl.
15. Add the confectioner's sugar and whisk until fully combined.
16. Spoon some glaze onto each pop tart and decorate with rainbow sprinkles. Enjoy!

Pop-tart facts

The Kellogg chairman had an idea of taking a breakfast cereal and putting into a toaster-ready rectangle that could go anywhere. The treat was made but called Fruit Scone. That name wasn't liked so it was changed to "Poptart."

1964 the major four flavors were introduced- Strawberry, Blueberry, Brown Sugar Cinnamon, and Apple.

1967- Icing on the poptart introduced
Competition for poptarts is/was a Post product called "Country squares."

Salted vs unsalted butter

-Salted butter is simply butter that contains added salt, gives a saltier taste, the salt actually acts as a preservative and prolongs the shelf life of the butter. ...

-Unsalted butter contains no added salt.

-Without the added salt in the unsalted butter, the pure sweet cream taste comes through and

you can add the exact amount of salt you want in the recipe

-you want to follow what it says, if it says unsalted

Cold Butter

Butter being as solid as possible before working with it in the dough, **so that it will keep its shape in layers rather than seeping into the dough and tenderizing it** butter is cut into the flour in small pieces and each piece gets coated in flour **This butter barrier prevents gluten development, flour from binding together, and the absorption of too much liquid, which keeps the final crust tender instead of tough.**