

Raspberry coconut tarts

Ingredients for tart shells

1 1/4 cups all-purpose bleached flour
1/4 teaspoon salt
1/8 teaspoon baking powder
8 tablespoons (1 stick) cold unsalted butter
2 to 3 tablespoons iced carbonated water

Filling

2 pts raspberry
1 egg
1 can sweetened condensed milk
16 oz shredded coconut
1/2 cup honey

Directions

To mix the dough by hand, combine flour, salt and baking powder in a medium sized mixing bowl and stir well to mix. Cut butter into 1tablespoon pieces and add to dry ingredients. Toss once or twice to coat pieces of butter. Then using your hands or a pastry blender, break the butter into tiny pieces and pinch and squeeze it into the dry ingredients. Keep the mixture uniform by occasionally reaching down to the bottom of the bowl and mixing all the ingredients evenly together. Continue rubbing the butter into the dry ingredients until the mixture resembles a coarse e ground cornmeal and no large pieces of butter remain visible.

Sprinkle the minimum amount of water over the butter and flour mixture and stir gently with a fork the dough should begin holding together. If the mixture still appears dry and crumbly, add the remaining water, 1 teaspoon at a time. (the iced carbonated water makes for a flakier dough)

Put the dough in the freezer for an hour so it becomes well chilled.

Combined the egg and condensed milk and beat until frothy. Add the cocoanut and combine thoroughly.

Roll out the pastry dough until 1/8 inch thick.

Use a nonstick tart pan and coat with bakers spray. Cut the dough in circles to fit the muffin tins. (I like to use a medium sized tin) place two strips of parchment paper cut a 1/2 inch wide in a t shape across each tart space to aid in the removal of tarts when cooked. Place dough circles over the paper so that the dough comes only to the top of the tin.

Fill the tart shells half way with fresh raspberries and top with a bit of honey. Fill the remainder of the tart with coconut mixture. Pour the remaining egg mixture so the tats are full but not overflowing. Drizzle honey over the top of tart.

Bake at 350 degrees until tarts are golden brown about 20 minutes depending on the size of muffin tin you use.

