

YIELD: 12 LARGE TARTS

The Best Classic Canadian Butter Tarts

The Best Classic Canadian Butter Tarts - there's a reason why we have a national obsession with these sweet, buttery, caramel-y tarts. I've sampled them in many places across the country and this thick pastry version is my favorite. Don't do the raisin debate, just leave them out if they are not your thing. Everyone should be able to enjoy them as they like them.

PREP TIME
45 minutes

COOK TIME
15 minutes

TOTAL TIME
1 hour



Ingredients

For the Pastry

- 2 ¼ cups flour, pastry flour is best to use but all-purpose will do
- 1 tbsp brown sugar
- ½ tsp salt
- 1/2 cup shortening, Very cold and cut in cubes
- 1/2 cup butter, Very cold and cut in cubes
- 6 tbsp ice water, approximately, enough to bring the dough together

For the Filling

- 1/2 cup lightly packed brown sugar
- 1/2 cup corn syrup
- 1/4 cup butter, melted
- 1 egg
- 1 tsp vanilla extract
- 1/4 tsp salt

Instructions

To prepare the pastry

1. Pulse the cold butter and shortening into the flour sugar and salt using a food processor until the shortening or butter is reduced to pea sized pieces.
2. Sprinkle the water over the surface and toss with a fork until the water is just incorporated into the dough. Do not over work the dough; handle it only enough so that the dough stays together.
3. Form the dough into two rounds about an inch thick.
4. Wrap in plastic wrap and let rest in the fridge for about a half hour.
5. Roll out on lightly floured surface. Cut into rounds with 4 inch cutter. Fit into muffin cups. Chill in the fridge or freezer while you prepare the filling. Cold pastry heading into a hot oven will always be flakier.

To make the filling

1. Combine all filling ingredients except raisins.
2. Mix well.
3. Sprinkle raisins in a single layer in the bottom of the pastry lined muffin cups.
4. Fill 2/3 full with syrup mixture.
5. Bake on bottom shelf of oven at 425 degrees F for 12 to 15 minutes.
6. Cool completely on a wire rack and remove tarts from from pans.

Notes

There is considerable debate about whether the filling in a butter tart should be runny or firm. Preferences vary, especially geographically but if you want a firmer, less runny filling simply add an additional egg, increase the brown sugar to 3/4 cup and decrease the corn syrup to 1/4 cup.

The nutritional information provided is automatically calculated by third party software and is meant as a guideline only. Exact accuracy is not guaranteed. For recipes where all ingredients may not be used entirely, such as those with coatings on meats, or with sauces or dressings for example, calorie & nutritional values per serving will likely be somewhat lower than indicated.

Nutrition Information

Yield 12
Serving Size large butter tart

Amount Per Serving

Calories 529

Total Fat 28g

Saturated Fat 14g

Trans Fat 0g

Unsaturated Fat 12g

Cholesterol 54mg

Sodium 358mg

Carbohydrates 65g

Fiber 2g

Sugar 26g

Protein 6g

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