



DOWNTOWN
DALLAS INC



GO TEXAN.

**CHEF AT THE MARKET
COOKING DEMONSTRATION
September 4, 2010**

Chef Dunia Borga
La Dunia

Pop Tarts

Cooking time 4 Hours

For the Filling:

- 5 ripe peeled and cut peaches
- 1 cup of sugar
- ½ tsp vanilla
- ¼ tsp salt
- ¼ tsp pepper

For the Crust:

- 2 ½ cups all purpose flour
- 1 tsp salt
- 1 tsp granulated sugar
- 1 cup cold unsalted butter cut into small pieces
- ¼ cup to ½ cup ice water

Baking Instructions:

For the Filling:

1. Boil water in a large stock pot, add the peaches and cook for a few minutes until the skin pulls away from the meat of the peach.
2. Remove immediately and place in ice batch to stop the cooking process.
3. Remove the peel and the pit of the peach, cut into pieces and place in a pot.
4. Add sugar, vanilla, salt and cook at medium to low heat for about 2 ½ hours until the fruit is fully reduced and creates a jam.
5. Let stand in cool place in a container and refrigerate.

For the Crust:

1. Place flour, salt and sugar in bowl of food processor, add the butter and pulse until mixture resembles coarse corn meal.
2. Add water slowly through the feed tube of the machine while it is running until dough starts to hold together without being wet or sticky.
3. Turn the dough into a plastic wrap and refrigerate for at least 4 hours.
4. Take dough out of the refrigerator and roll out thin, make sure to work dough cold; it gets really sticky when warm and hard to handle.

Filling the Pop Tarts:

1. Roll out the dough, cut into desired shapes and fill with jam; do not overfill. Wet the edges and make sure to press with a fork.
2. Cut slits on top, brush with milk or egg wash and sprinkle with sugar.

Bake at 350° F for 15-25 minutes until golden brown. Let cool and freeze.
Can be placed in toaster in the morning and enjoy with favorite drink.