

Sweet Tart Pastry

Tarts are fun to make and elegant to serve. The pastry is easy, only taking about ten minutes to prepare. Tart pans have a fluted ring that you can slip off after baking so the pastry stands alone, a sculptured shell filled with beautiful fruits and custards.



In a large bowl, sift together the dry ingredients. Cut the butter into pieces. Using your fingers, crumble the butter into the flour until it is thoroughly mixed and feels like coarse meal. Stir in the water a tiny bit at a time. Add only enough water until the flour forms into a ball. Wrap in wax paper and refrigerate for half an hour.

The trick to making this kind of pastry is not to handle the dough too much. Place the dough onto a lightly floured surface—marble or tile is excellent. Form the dough into a round flat shape and dust the top with flour. With a rolling pin, roll away from you with even strokes to form a circle about $\frac{1}{8}$ inch thick. Make sure there is enough flour under the dough to keep it from sticking to the surface. You may need to scatter flour over the rolling pin as well.

When the dough is the size of your tart pan, fold it in half, lay it in the pan, unfold it, and lightly press around the inside edges.

1 $\frac{1}{4}$ cups whole wheat pastry flour

1 $\frac{1}{2}$ tablespoons sugar

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ teaspoon baking powder

6 tablespoons butter

$\frac{1}{4}$ cup ice cold water

MAKES ONE 10-INCH TART