

## Rustic Pear Tart (or Tartlets)

Courtesy of Elizabeth Ashe

AhealthyU Cooking Demonstration, May 14, 2020

### Ingredients

#### *For gluten-free crust:*

- ½ cup of oat flour, sorghum or millet flour
- ½ cup finely ground almond flour
- 2 tsp. xanthan gum (or 2 tbsp. tapioca flour)
- ¼ tsp. baking powder
- 2 tbsp. brown sugar
- ¼ cup cold butter, cut into small cubes (or cold coconut oil)
- 1 tbsp. milk, cream, or milk substitute
- ¼ tsp. extract (vanilla or almond are good choices)

#### *For non-gluten-free crust:*

- Use crust recipe of choice (such as this simple [no-roll pie crust recipe](#)) or store-bought crust

#### *For filling:*

- 3 firm, ripe pears (or fruit of choice) cored and diced. Note: If you'd rather 1/8" thick slices for a "rose" effect, you can do that instead of dice.
- 1 tsp. lemon zest or dried lemon peel
- ¼ lightly packed brown sugar
- 1 tbsp. cornstarch or tapioca flour
- ½ tsp. cinnamon
- 2 tbsp. candied ginger, diced (optional)
- 1 tbsp.+ sliced almonds, or sliced and candied almonds (optional)

### Tools

- 2 bowls
- good knife to cut fruit
- spoon and cup measurement tools
- parchment paper or muffin paper, shallow glass pie dish or muffin pan
- plastic wrap
- zester
- pastry cutter or two forks

### Directions

#### *Prep work for gluten-free crust*

Whisk the dries (flours, baking powder, salt) in a medium bowl until evenly distributed. Then whisk in the brown sugar, breaking up any lumps. Cut in the cold butter with a pastry cutter, or by making slicing scissor motions with two forks. Work until the butter is pea-sized and the dough is starting to form a crumble texture. Gently fold in the milk and flavored extract, using a wooden spoon or baking spatula (not a pancake flipper). Fold until the dough sticks together. Wrap with plastic wrap and refrigerate for one hour.

### *Prep work for non-gluten-free crust*

Follow recipe instructions.

### *Prep work for filling*

Cut the fruit, toss with lemon juice and set aside in a bowl.

### *Recipe Instructions*

- **Preheat oven** to 375 degrees. Place rack in the center position.
- **To make a tart:** Set a piece of parchment paper on the counter. Lightly flour a piece of parchment paper. Dump the crust on the parchment paper, add a sprinkle of flour on top. Roll to desired thickness, about a 12" circle and 1/4" thick. Sprinkle flour accordingly on top and underneath, to keep it from sticking. Then pull out a shallow glass pie dish, and gently use the rolling pin to drape the crust over the pin and set into the pie dish. Toss the pears with brown sugar, lemon zest, cornstarch/tapioca flour, cinnamon and ginger. Spoon the pears into the pie dish and spread until about 1.25 inches thick. Leave a crust edge all the way around and flatten filling slightly into the dish. Sprinkle with sliced almonds.
- **To make tartlets:** Paper cup line a 24-count muffin tin. With clean hands, push bits of dough (about a tablespoon or 1.5 tbsp is enough) to form a shallow crust with edges into each muffin well. Buttering fingertips helps. Toss the pears with brown sugar, lemon zest, cornstarch/tapioca flour, cinnamon (and ginger). Spoon the pears into the middle of each muffin well and spread until about 1.25 inches thick. Spread to the edge and gently push down. Sprinkle with sliced almonds.
- **Bake** for 20-25 minutes, until the filling is fork tender and crust is golden. Remove from oven and let cool slightly before serving.

Enjoy!