
Pinetart

Posted by Sherry - 2011/06/03 22:02

could you please help me with the recipe for pine tart
http://www.guyaneseCooking.com/images/fbfiles/images/pine_tart.jpg

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Re:Pinetart

Posted by Aaron430 - 2011/06/07 15:59

Hello Sherry, The recipe for pine tart is very simple. I will be posting it very soon. Fresh pineapple can be used, but the canned is quicker, easier, cheaper, and lets just say better :)

To make 15 pine tarts,
2 cans of crushed pineapple with juice
1 cup brown or white sugar
1 cinnamon stick
1 tablespoon essence.

Boil on high heat, the pineapple with the juice, sugar and cinnamon. Boil for about 30 minutes, or until the juice turns to syrup, and the pineapple is like jam. Add essence and cool.

For pastry,
2 cups all purpose flour sifted
1 teaspoon salt
1 tablespoon sugar
1 stick really cold butter, cut into cubes
1/4 - 1/2 cup ice water.

Combine flour, sugar and salt in a food processor. Add butter, and pulse it 15 times. Add 1/4 cup of ice water with the processor running, and add just enough water until the dough becomes a soft dough. Refrigerate for 1 hour, make 15 equal sized balls, and roll out to the thickness of a roti, 1/4 inch thick. Put 3 tablespoons of pine filling in the dough, and close like a triangle. Brush with yellow food coloring and water. Prick middle with fork, and bake for 30 minutes

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Re:Pinetart

Posted by rhizza - 2011/06/07 21:45

The recipe of pine tart looks like so delicious. I also like to share this simple recipe of my favorite pine tart.

Pineapple Filling:
1 20 oz can pineapple chunks
3/4 cup granulated sugar
1 tbsp lemon juice
pinch salt

Egg Wash:
1 egg yolk
1 tbsp water

Pastry:
4 cups flour
1 1/3 cup margarine
6 tbsp water

Makes 12 pine tarts

To make pastry, mix margarine into flour until well combined. Add 6 tbsp of cold water and combine until the flour forms a dough. Chill for at least half an hour.

Blend Pineapple chunks in blender with 1/2 of juice from can. Mix blended pineapple, sugar, lemon juice and salt. On a medium fire, cook pineapple for 25 mins until it has thickened. Do not overcook !! Remove from heat and cool before

using.

Beat one egg yolk with 1 tbsp of water and set aside.

Roll pastry to about 1/8 of an inch thick and cut into 6 inch circles(I used a bowl).

Place a 1 1/2 tbsp of pineapple filling in the center of the pastry and spread, leaving 1/2 inch border. Brush the border with the egg wash.

Fold one corner of the pastry over the filling like an envelope.

Fold other corner, slightly overlapping.

Now fold the last corner of the pastry, this should enclose the filling and form a triangle. Pinch the edges close. Brush Pastry with egg wash.

Bake in a oven preheated to 350 degrees for 15 mins or until golden brown.

And that's it. Enjoy :)

Restaurants in Singapore

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