



Recipes
by:



Lisa
Hunt



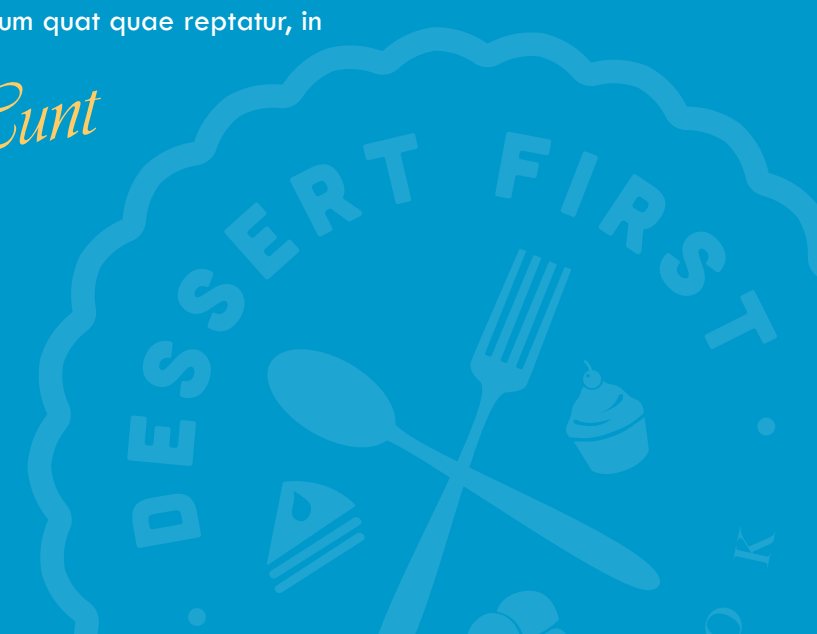
Welcome to Dessert for Dinner!

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Lisa Hunt



Sarah's Bountiful Berry Tart

Ingredients

For the crust

- 1 cup (180g) unsalted butter
- 3 1/2 cups (325g) whole wheat flour
- 2 teaspoons of brown sugar
- 1 teaspoon of white sugar
- 1/4 cup of whole milk
- 1 pinch of salt

The Berry filling

- 1 cup strawberries (fresh preferred)
- 3/4 cup blueberries (fresh preferred)
- Powdered Sugar for the topping
- 2 tablespoons peanut powder

Preparation

The tart crust

1. Cut butter into pieces and have it get cool in the refrigerator.
2. Combine flour, salt, and the brown and white sugar in a mixing bowl.
3. Add butter to the dry mix. Melt the butter until soft. Mix it with your fingers to get a more natural consistency.
4. Finally, add your whole milk to the mix and let it chill in the refrigerator for 6-8 hours.
5. Once it is properly chilled, roll out the dough on a floured cutting board wood surface and shape it circles. Place it on a baking sheet. Parchment paper will help the dough not stick later on so it is suggested!

The filling and baking

1. Preheat your oven to 400°F (210°C).
2. Line the bottom of the dough with ground peanut flour, This will allow the surface to not get too sticky. Place the berries in the middle of the pie dough and sprinkle with powdered sugar.
3. Place the finished tarts into the oven and bake for 20 minutes or until the crust has a golden brown appearance.

Quick Tips

For knowing when you're tart is perfectly golden brown, make sure to look at the center of the top crust while it is baking. The edges of the tart will cook faster, so make sure you wait until you see a golden brown look more toward the center of the tart before removing from the oven. This insures that it will maintain a consistent crunch.





Chocolate Brownie Recipe

Ingredients

For the crust

- 1 cup (180g) unsalted butter
- 3 1/2 cups (325g) whole wheat flour
- 2 teaspoons of brown sugar
- 1 teaspoon of white sugar
- 1/4 cup of whole milk
- 1 pinch of salt

The Berry filling

- 1 cup strawberries (fresh preferred)
- 3/4 cup blueberries (fresh preferred)
- Powdered Sugar for the topping
- 2 tablespoons peanut powder

Preparation

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Apple Tart Recipe

Ingredients

For the crust

- 1 cup (180g) unsalted butter
- 3 1/2 cups (325g) whole wheat flour
- 2 teaspoons of brown sugar
- 1 teaspoon of white sugar
- 1/4 cup of whole milk
- 1 pinch of salt

The Berry filling

- 1 cup strawberries (fresh preferred)
- 3/4 cup blueberries (fresh preferred)
- Powdered Sugar for the topping
- 2 tablespoons peanut powder

Preparation

The tart crust

1. Cut butter into pieces and have it get cool in the refrigerator.
2. Combine flour, salt, and the brown and white sugar in a mixing bowl.
3. Add butter to the dry mix. Melt the butter until soft. Mix it with your fingers to get a more natural consistency.
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