

# GUYANESE PINE TART

## CRUST

2  $\frac{3}{4}$  cups All-Purpose Flour

2 tsp sugar

Pinch of Salt

**OPTIONAL** Turmeric  
(or Curry Powder if you have that instead)

$\frac{1}{2}$  cup Butter / 1 Stick (salted preferred)

$\frac{1}{2}$  cup Vegetable Shortening CRISCO

1 Egg for Sealing Pastry & Egg Wash

$\frac{3}{4}$  ICE COLD Water  
(may use around  $\frac{1}{2}$  cup when mixing)

**Note:** Leave butter out overnight if you're baking in the morning. Take out in the morning if you're baking in the evening.

## FILLING

1 Fresh RIPE Pineapple / 1 20oz Can Pineapple  
(2  $\frac{1}{2}$  Cups)

$\frac{1}{4}$  tsp Ground Nutmeg

$\frac{1}{2}$  tsp Ground Cinnamon / 1 Cinnamon Stick

1 tsp Vanilla Extract

$\frac{3}{4}$  Dark Brown Sugar  
(Adjust depending on ripeness of pineapple)

1. Peel pineapple and wash with salt.
2. Cut pineapple into large chunks.
3. Blender: **PULSE** Blend pineapple a few times until it has small lumps. Make sure there is still some texture to the pineapple. Measure out 2  $\frac{1}{2}$  cups to use for the filling. Any extra pineapple can be frozen for up to 3 months.

1. **Mix dry ingredients:** Flour, sugar, salt & turmeric (**optional**)
2. **Mix in wet ingredients:** Butter & Shortening. You can break / cut the butter and shortening into small pieces before mixing them into the flour.
3. Mix the flour until it feels like crumbs.
4. Add cold water a little at a time, kneading as you go. The final dough should be smooth but not sticky. Form / knead into a log. Cut in half and wrap in plastic wrap.
5. Refrigerate for 2 hours. (You can take it out earlier if it's stiff enough to cut).

4. **OPTIONAL:** If you have a thin cloth you can squeeze out some pineapple juice into a small pot. Place the leftover pulp in the cloth into a medium pot or large deep saucepan. This step helps the pineapple jam filling cook faster.
5. In a pot place the pineapple you blended, nutmeg, cinnamon, vanilla extract and brown sugar. Bring to a simmer and cook on low heat until the mixture is thick and has a jam consistency. Stir frequently to prevent burning.
6. **OPTIONAL:** Add more sugar if the pineapple wasn't completely ripe. Add to your own taste.
7. Set aside and let cool.

## ASSEMBLY & BAKING

1. After the filling has cooled take the dough out of the fridge.
2. Separate the egg whites from the egg yolk.
3. Place dough on a floured surface.
4. Cut the dough into roughly the same size. (About and 1.5 inches all around.)
5. Roll each piece into a ball.
6. Roll each piece into a thin circle on a floured surface or between 2 baking sheets. **Make it as thin as you can get it without it tearing.** If you want it perfectly round you can use a round cookie cutter / pot cover / glass bottle cover to cut out the circle. It should be about 4.5 – 5.5 inches.
7. Put about a tablespoon of Pineapple jam into the center. Reduce the amount of filling if you can't close the pastry completely. Spread it into a triangle.
8. Brush the egg white around the edges.
9. Fold into a triangle. Fold the top left into the center, then the top right and finally the bottom. There should be no space in the center.
10. Rub butter on the baking tray and sprinkle flour all over. Place each Pine Tart on the tray.
11. Brush the outside of the Pine Tart with the egg yolk.
12. Poke around the seams with a toothpick. Make sure not to poke through to the back.
13. Rub the baking tray lightly with butter.
14. Sprinkle flour on top.
15. Bake for about 20 – 25 minutes until golden on the outside.