

SOURDOUGH POP TARTS

INGREDIENTS:

For the Dough

- 16 tbsp salted butter (2 sticks), cold
- 2 ¼ cups all-purpose flour
- 2 tbsp granulated sugar
- ½ tsp salt
- ½ cup sourdough discard
- ¼ cup cold water (plus up to ¼ cup extra if needed)

Egg Wash

- 1 large egg
- 1 tbsp heavy cream

Strawberry Filling

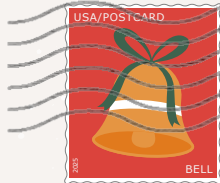
- 8 tbsp strawberry jam
(1 tbsp per pop tart)

Strawberry Glaze

- 1 cup powdered sugar
- 2 tbsp strawberry jam
- 2 tbsp heavy cream
- Sprinkles (optional)

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Homemade pop tarts made with sourdough discard and your favorite jam! When I'm home from college for the holidays, this is one recipe I look forward to so much. For the past two years, my sister and I have made these pop tarts around Christmas - usually on a cozy snow day. They taste like comfort, home and the holidays. If you have sourdough starter or discard, this is truly one of the best recipes to use it for. I highly suggest you try it out!

Lenah

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SOURDOUGH POP TARTS

DIRECTIONS:

Grate the cold butter and set aside.

In a large bowl, mix flour, sugar and salt. Add grated butter and mix until it looks like coarse crumbs.

Stir in the sourdough discard and cold water until a dough forms. Add extra water a little at a time if it's too dry.

Use your hands to bring the dough together.

Divide into two disks, wrap in plastic and refrigerate for at least 1 hour (or up to 3 days).

When ready to bake, preheat oven to 350°F and line baking sheets with parchment.

Roll out one dough disk on a floured surface to about 1/8-inch thick. Keep the other disk chilled.

Cut into 3x5-inch rectangles.

Place half the rectangles on the baking sheet. Add 1 tbs jam to the center of each, leaving the edges clean.

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Top with the remaining rectangles. Press edges together with your fingers, then seal with a fork. Chill the assembled pop tarts in the fridge (or freezer) for 20 minutes.

Mix the egg and heavy cream to make an egg wash and brush over the tops.

Bake for 25-30 minutes, or until golden brown.

Let pop tarts cool completely.

Make the glaze by mixing powdered sugar, strawberry jam and heavy cream.

Spread the glaze over cooled pop tarts and top with sprinkles if desired.

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