



Blueberry Butter Tarts

Pastry:

5 cups (1.25 L) all-purpose flour

1 teaspoon (5mL) salt

1 pound (454 g) vegetable shortening

1 beaten egg

cold water

Filling:

1 cup (250 mL) butter

3 cups (750 mL) brown sugar

4 eggs

2 teaspoons (10 mL) vanilla

¼ cup (60 mL) all purpose flour

1 ½ cups (375 mL) fresh blueberries

1. Make the pastry first. Scoop flour into large bowl, stir in the salt. Cut in the shortening with a pastry blender until the mixture resembles coarse crumbs.
2. Beat the egg in a liquid measuring cup, and add enough very cold water to measure one cup (with the egg in it). Pour this into the four/shortening mixture.

- Stir with a wooden spoon until well combined. Wrap pastry in plastic wrap and refrigerate for an hour, or up to 2 days.
3. Roll out pastry and cut circles to fit into muffin cups.
 4. Line muffin cups with pastry. Cover and refrigerate until ready to fill.
 5. Heat oven to 400 °F (200 °C).
 6. To make the filling melt the butter in saucepan set over medium heat. Remove from heat. Stir in brown sugar, then eggs, beating to mix thoroughly, then vanilla and flour.
 7. Sprinkle about 1 Tablespoon of fresh blueberries at the bottom of each tart shell.
 8. Pour the filling into the tart shells and bake for 10 minutes at 400 °F (200 °C), and then reduce the temperature to 350F (180C) and bake for an additional 20 minutes.
 9. Makes 2 dozen deep tarts. There will be some pastry left over. This can be frozen for another use.

Recipe from Christine for Best New Book Club. Actually the pastry recipe is from The Perfect Pear Catering Company, and the filling recipe originated with my mother-in-law!