

Pumpkin Poptarts

Makes 5 - 6 pop tarts



Ingredients

For the Pastry Dough

- 2 cups all-purpose flour (plus more for dusting the board)
- ½ cup sugar
- Pinch of Kosher salt
- 1 egg
- 2 tablespoons sour cream
- ¾ cup (1 ½ sticks) COLD unsalted butter, diced

For the filling

- 1 egg, separated
- 3 ounces mascarpone cheese, at room temperature (or cream cheese)
- ½ cup pure pumpkin puree
- 2 tablespoons brown sugar, packed
- ½ teaspoon pumpkin pie spice
- ¼ cup pecans, toasted and finely chopped

*optional

For the Top Before Baking

- 2 tablespoons sugar
- ¼ teaspoon cinnamon

For the Top After Baking

- 1 cup confectioners' sugar
- 2 teaspoons milk
- ⅛ teaspoon pumpkin pie spice

Steps

1. In a large bowl whisk together flour, sugar and salt.
2. In a measuring cup whisk together the egg and sour cream until mixture is smooth.
3. Add the cold butter cubes to the flour mixture and with your fingers (or pastry blender) combine the flour with the butter until you get pea-size pieces of flour/butter. Pour the egg mixture into the flour mixture. Using your hands work the dough to form a ball. It will be crumbly at the beginning but should come together quickly. Remove dough from the bowl, smooth it out and wrap in plastic wrap. Refrigerate for at least 3 hours (or overnight) before rolling it out. *Alternatively, this dough can be easily prepared using a food processor by pulsing together the flour, sugar and salt. Add the butter cubes and continue pulsing until large crumbs form. Add the egg and sour cream and let machine roll until the mixture comes together in a ball. Remove, wrap and refrigerate.
4. Prepare the filling by combining in a medium-sized bowl the mascarpone, pumpkin, brown sugar, egg yolk (reserve egg white for the tops of the tarts), pumpkin pie spice, and nuts (if using).
5. Preheat oven to 350°F. Prepare a baking sheet pan with parchment paper. Generously flour your counter/work surface. Remove dough from the fridge and begin rolling it out until it is about ¼-inch thick. This dough will be sticky so be sure to flour the rolling pin and continually move the dough around the counter/board to ensure it's not sticking. Using a 4-inch square cookie/biscuit cutter begin cutting squares. You should be able to get 10 (re-rolling the dough if necessary). Place 5 squares on the baking sheet pan. Put a generous amount of filling in the center of each square leaving a border to secure the top dough piece to. Top each square with another dough square and secure the border with the tines of a fork making sure the filling doesn't ooze out.
6. Brush the tops of all tarts with the egg white wash (whisk the egg white with 2 teaspoons water) and sprinkle the tops with the sugar mixed with spice.
7. Bake for 20 - 25 minutes or until the edges are golden brown. Let these cool a bit before removing from pan to fully cool on a baking rack. Prepare the sugar glaze by mixing together the confectioners' sugar, milk and spice until there are no lumps. *If it's too thick add another teaspoon of milk. Drizzle on top of the tarts. Enjoy!