

NASTAR PINEAPPLE TARTS

(South East Asian: Malaysia, Indonesia, Singapore)

To make the pastry:

220g unsalted butter, at room temperature
375g (2 1/2 cups) plain flour
1/4 teaspoon salt
2 egg yolks
6 tablespoons icing sugar
2 tablespoons corn flour

For the egg wash

1 egg yolk
1 teaspoon sweetened condensed milk (optional)
1 teaspoon vinegar

For the pineapple filling:

250g of pineapple flesh, peeled and cored
1/2 to 3/4 of a cup of sugar (or to taste)
1 tablespoon lemon juice
5 cloves

Directions

To prepare the pineapple filling:

1. Process the pineapple in the food processor until almost a puree
2. Place the pineapple and cloves in a pot and stir over medium heat till most of the liquid has evaporated
3. Add the sugar and lemon juice and continue to stir continuously till the filling becomes deeply golden in colour, thick and sticky
4. Taste to see if the filling has achieved the desired sweetness. Add more sugar if necessary.
5. Take off the heat and allow the pineapple filling cool to room temperature then place in the fridge for 30 minutes. This will make the filling easier to handle. Remove cloves.

To make the pastry:

1. Measure plain flour, corn flour, salt and icing sugar into a medium bowl.
2. In your stand mixer or in a bowl, beat the butter till it turns light in colour and fluffy. Add in egg yolks and beat again till it is well combined.
3. Slowly add in the flour mixture until you get a dough that does not stick to your hands. If the dough is still sticky after adding all the flour, add more flour SLOWLY (a little at a time)

To make nastar tarts:

1. Divide the dough into 45 pieces and roll each into a ball
2. Place a ball in the palm of your hand then use your index finger to make an elongated cavity in the centre of each ball. Rotate the ball while you press your finger against the wall of the cavity to make the walls thinner and more even
3. Add half a teaspoon of the pineapple filling into each cavity then pinch it closed and then shape it into a small roll
4. Place on a oven tray lined with baking paper
5. Use the back of a knife to make a criss cross patterns on top
6. Brush the unbaked tarts with egg wash mix
7. Bake in a preheated oven at 350F/180°C for 10 to 13 minutes or till the bottoms are golden brown.
8. If the tops are not golden, place them under the grill for 1-2 minutes
9. Take out of the oven and allow to cool on the baking sheet for 5 minutes then transfer to a wire rack to cool

