



Bake time: 20 mins

Makes: 120 tarts

Prep time: 3 hrs

Pineapple Tarts

Ingredients

- 2 large, ripe pineapples (2-2.5kg each)
- 25g sugar

Ingredients A:

- 45ml cold water
- 3 egg yolks
- ½ tsp. (2.5ml) vanilla extract

Ingredients B:

- 240g plain flour
- 160g atta wholemeal flour*
- 50g corn flour
- 90g icing sugar
- ¼ tsp. salt

Ingredients C:

- 150g sunflower spread, keep refrigerated
- 130g unsalted butter, cubed and keep refrigerated

Egg Wash:

- 1 egg yolk, beaten
- 15ml cold water

*Choose products with the Healthier Choice Symbol.

Tips:

- As very little sugar is used to prepare the jam, opt for ripe pineapples for some added sweetness.
- As more amount of sunflower spread is used in place of butter, the dough will be very soft. Hence, the dough must be kept cold during assembly.

Method

Pineapple jam:

- Remove the skin and the eyes of the pineapples, leaving approx. 2.4kg of pineapple flesh.
- Cut pineapple into small cubes (40mm x 40mm x 40mm).
- Place the pineapple cubes into a food processor and blend into a puree.
- Place a sieve over a large bowl and strain the puree to drain the juice from the pineapple fibre. Allow 30 mins for this process.
- After draining, remove pineapple puree (approx. 1.26kg) from the sieve and place it into a non-stick frying pan and cook over low heat to remove the excess moisture. Stir regularly every 10 mins.
- Add sugar into the puree. Stir to mix.
- Once moisture is removed, the puree (approx. 600g) will turn dry and sticky to form the pineapple jam.
- Set the jam aside to cool before rolling into small balls (about 5g each).
- The recipe will yield about 120 balls of pineapple jam.



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Dough:

- Place Ingredients A in a small bowl. Mix thoroughly with a whisk or fork.
- Place Ingredients B into a food processor and give it a 5 second pulse.
- Add Ingredients C into the food processor and pulse for about 1 min to ensure an even mix with the flour.
- Add Ingredients A into the food processor and blend well (45–60 seconds) to form the dough.
- Remove the dough and place it on parchment paper.
- Place another piece of parchment paper over the dough and roll it into an even thickness of approx. 4-5mm.
- Cover with cling wrap or plastic bag. Freeze the dough for about 30 mins.

Assembly:

- Preheat oven to 180°C.
- Use a cookie cutter to cut the cold dough into 30–40mm pieces.
- Place a ball of pineapple jam onto each dough. Fold in the dough and roll with both palms of your hand to form a ball.
- Place the ball onto a baking sheet lined with parchment paper. Continue this process until all the pineapple jam is used up.
- Prepare the egg wash by mixing 1 egg yolk and 15ml of water thoroughly.

- Use a soft brush to apply a light, even coat of egg wash on top of each tart.
- Bake the tarts for about 20 mins.

Nutrition Information (Per Serving):

Energy: 47.1kcal
Protein: 0.6g
Total fat: 2.5g
Saturated fat: 1g
Trans fat: 0.05g
Carbohydrates: 5.3g
Total sugar: 2g
Dietary fibre: 0.48g
Sodium: 12mg