

# French Cuisine

MADE SIMPLE

## Easy Pie / Tarte Crust

 6-8 Servings.  10 mins prep time  40 mins total time  4/5 Nutrition score

### INGREDIENTS

- **Flour**
  - *Large*: 12 inch pie dish (30 cm)  
2 1/2 cups (275 g)
  - *Small*: 8 inch pie dish (20 cm)  
2 cups (250 g)
- **Oil**
  - *Large*: 1/2 cup (110 mL)
  - *Small*: less than 1/2 cup (90 mL)
  - Salty tarte: olive oil
  - Sweet tarte: neutral tasting vegetable oil
- **Water**
  - *Large*: 1/2 cup (110 mL)
  - *Small*: less than 1/2 cup (90 mL)
- **Extras**
  - Sweet tarte: sugar, cinnamon, vanilla, etc.
  - Salty tarte: salt, mixed herbs



# DIRECTIONS

## Preparing the Crust

1. Based on the diameter of your pie dish, choose the large or small tarte recipe.
2. Mixed the flour and the “extras” in a bowl.

If you are making a sweet tarte you can add 3 or more tablespoons of sugar into the crust.

If you are making a salty tarte, add a 1 teaspoon of salt and a tablespoon worth of your favorite herbs into the tarte crust (basil, thyme, rosemary, etc.)

3. Add the oil and *lukewarm* water to the mixture. The lukewarm water helps mix the ingredients mix together faster.
4. The tarte crust should finish in a ball that is not very sticky. Depending on the type of flour you use, you might need to add more flour or more water. If it is whole wheat flour, you might need to add more water to the recipe, and if it is white flour you might need to add more flour to the recipe to obtain a nice dough ball.
5. To put the tarte crust evenly into the tarte pan, spread some flour on the table and roll out the crust so that the thickness is even.
6. Next, take the tarte pan. If your pan is glass, it is best to put parchment paper at the bottom to prevent sticking.
7. Carefully place the dough into the pan and push the dough gently into the pan and into the sides so the 90 degree angle of the pan meets the tart.
8. Feel free to pinch off any remaining dough hanging off the edge of the crust.
9. Poke the fork about 10-15 times at the bottom and sides of the tarte to help with cooking.



## Cooking the Crust

1. Preheat the oven to 350°F (180°C).
2. If the “filling” that you will be adding to the tarte will need cooking, then the crust will need to be half-cooked before adding this “filling.” The crust will finish cooking in the oven later with the filling.
3. Cooking time for fully cooking the crust: 20-30 minutes. The crust will pull away from the sides of pan when it is fully cooked.

Cooking time for half-cooked crust: 10-15 minutes. You would use the half-cooked crust if you would later add other ingredients inside the pie and then return it in the oven.

4. Remove the pan from the oven and let cool before adding your ingredients.

*Bon Appetit!*  
*Emilie Anne* 

