

Fruited Potato Tarts

A creamy sweet filling with mashed potatoes is the foil for dried apricots and cranberries in this little tart. You can make your own pastry or use frozen tart shells for a conveniently quick dessert. The tarts will puff as they bake but slowly deflate as they cool. A perfect topping is a dollop of whipped cream and sprinkle of nutmeg or cinnamon.



1 lb (500 g) round or long Ontario Potatoes, peeled and cubed
3/4 cup (175 mL) sweetened condensed milk
2 tbsp (25 mL) butter, softened
2 tsp (10 mL) vanilla
3/4 tsp (4 mL) cinnamon
1/4 tsp (1 mL) nutmeg
Pinch salt
2 eggs
6 dried apricots, finely diced
2 tbsp (25 mL) dried cranberries
Pastry:
2 cups (500 mL) all-purpose flour
2 tbsp (25 mL) granulated sugar
Pinch salt
3/4 cup (175 mL) butter, cubed
1 egg
2 tbsp (25 mL) cold water

Pastry: In bowl, combine flour, sugar and salt. Using pastry blender or fingers, cut butter into flour until coarse crumbs form. In small bowl, whisk egg and water together. Drizzle over flour mixture and toss to combine. Using your hands, bring dough together. On lightly floured surface roll out dough to generous 1/4 inch (5 mm) thick. Using 4 inch (8 cm) round cookie cutter, cut out pastry circles and fit into muffin tins. Re-roll dough to fit 12 muffin tins. Refrigerate.

In pot of boiling water cook potatoes for about 20 minutes or until tender. Drain and let cool slightly. Place in large bowl. Using electric mixer beat potatoes until smooth. Add condensed milk, butter, vanilla, cinnamon, nutmeg and salt and beat until smooth. Beat in eggs, one at a time until well combined. Stir in apricots and cranberries.

Remove tart shells from refrigerator and fill with potato filling. Bake in centre of 375 F (190 C) oven for 20 to 25 minutes or until pastry is golden and filling is puffed. Let cool completely.

Makes 12 tarts.

Make-ahead: Refrigerate tarts in airtight container for up to 3 days. Bring to room temperature before serving.

Per serving: 320 calories, 6 g protein, 16 g fat, 39 g carbohydrates, 1 g fibre, 160 mg sodium, 170 mg potassium

Source of Vitamins B1, B2, B3 and B12, Source of Calcium, Source of Iron