

Custard and Pear Tarts



Serves	4
Prep time	15 minutes
Cook time	25 minutes
Total time	40 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Dessert , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 2 sheets butter puff pastry
- 2 pear halves in syrup (or 1 peeled pear)
- 2 teaspoons brown sugar
- 4 tablespoons vanilla custard

Directions

1. Preheat the oven to 180°C and lightly grease four mini tart pans.
2. Cut four circles from the pastry large enough to fit over the tart pan with some overhang. Line the tart pans with the pastry then blind bake for 15 minutes.
3. Place a tablespoon of custard into the base of each tart.
4. Slice the pear halves into 4 pieces each and place 2 pieces on top of the custard.
5. Sprinkle the tops with brown sugar then bake for 10 minutes.
6. Allow to cool slightly before removing from the pan. Serve warm or cold.



Note

Low Chemical / Failsafe

Variation: substitute the pear for Red or Golden Delicious apples (moderate salicylates) or peaches, nectarines or apricots (high salicylates) if doing a salicylate challenge.