

Simple Fruit Tarts



Serves	4
Prep time	10 minutes
Cook time	20 minutes
Total time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	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

- 1 sheet butter puff pastry (thawed)
- 3 pears (peeled and thinly sliced)
- 1 tablespoon caster sugar
- 1 teaspoon pear jam (refer to Basics Page)
- 1 teaspoon water
- 1 pinch citric acid

Directions

1. Preheat the oven to 200°C and line a baking tray with baking paper.
2. Cut the puff pastry into four squares. Moisten the edges with a little bit of water and roll over to create a ridge around the edge of the pastry. If using left over pastry, roll the pastry scraps out to a similar size.
3. Place the fruit inside the ridge and sprinkle with a little bit of sugar.
4. Bake in the oven for 20 minutes or until golden.
5. Just before the tarts are cooked put the jam, water and citric acid in a small saucepan over low heat stirring until it is runny. Drizzle the cooked tarts with the pear glaze as soon as they are taken out of the oven.
6. Serve with vanilla ice cream, custard or yoghurt.

Note

Low Chemical / Failsafe

Refer to the Basics page for [Pear Jam](#).

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