

Homemade Sourdough Pop Tarts with Jam Filling

Prep: 30 minutes • Cook: 30 minutes

Buttery, flaky sourdough pastry envelopes a bright, jammy center, then gets finished with a delicate vanilla-sweet glaze for a nostalgic breakfast treat elevated by the tang and depth of sourdough discard.

Ingredients

- 2 cups (280 g) all purpose flour
- 1 teaspoon (5 g) salt
- 1/4 cup (50 g) sugar
- 16 tablespoons (1 cup/227 g) butter (cold, cubed)
- 1 cup (285 g) sourdough starter discard
- 1 cup jam
- 1 egg (beaten, for egg wash)
- 1 cup powdered sugar
- 1 tablespoon milk

Instructions

1. In a large mixing bowl, whisk together the flour, salt, and sugar.
2. Grate or cut in the cold butter until pea-sized pieces remain; do not overmix.
3. Add the sourdough starter discard and mix with a fork just until the dough comes together.
4. Divide dough into two, shape into discs, wrap tightly, and chill for at least 1 hour (up to 3 days).
5. On a lightly floured surface, roll one disc into a large rectangle about 1/8 inch thick; trim edges and cut into 4 equal long rectangles.
6. Spoon jam onto one end of each rectangle, leaving a small border; fold the dough over the filling and crimp edges with a fork. Transfer to a parchment-lined baking sheet. Repeat with the second disc.
7. Beat the egg and brush the tops of the pop tarts with the egg wash.
8. Bake at 350°F (175°C) for about 30 minutes, or until golden brown.
9. While they bake, whisk the powdered sugar and milk into a smooth glaze.
10. Let pop tarts cool completely, then spoon the glaze over the tops and allow it to set before serving.

Tags: Sourdough, Breakfast, Pastry, Kid Friendly, Make Ahead, Dessert

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