

# Barley Tart Crust

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## Ingredients

1½ cups barley flour  
½ cup powdered sugar  
¼ teaspoon salt (optional)  
pinch of nutmeg (optional)  
¼ teaspoon cinnamon  
9 tablespoons cold butter  
1 large egg, slightly beaten  
1 tablespoon cold water

## Equipment

- Medium mixing bowl (about 2½ quarts)
- Measuring cups
- Measuring spoons
- Pastry blender or two butter knives
- Small bowl
- 8- or 9-inch pie/pastry pan

## Method

1. In medium mixing bowl, combine flour, powdered sugar, salt, nutmeg and cinnamon.
2. Cut cold butter into ¼-inch pieces and add to dry ingredients. Using pastry blender or two knives, cut the butter into the dry ingredients until the mixture resembles coarse crumbs with some pea-sized pieces.
3. Mix egg and water together in small bowl. Pour into dry ingredients and stir dough just until it forms into a ball around the spoon.
4. Place in freezer for about 15–20 minutes and start preheating the oven to 325°F.
5. Press into pie pan or tart/muffin pan. Poke bottom and sides of crust with a fork.
6. Place crust in oven and bake about 20 minutes or until lightly browned. Fill with desired filling.

Makes 1 tart

## Nutrition Facts

Serving Size (44g): 1/8 crust  
Servings Per Container: 8

Amount Per Serving

**Calories 210**    **Calories from Fat 120**

% Daily Value\*

**Total Fat 14g**                      **22%**

    Saturated Fat 8g                      **40%**

    Trans Fat 0g

**Cholesterol 60mg**                      **20%**

**Sodium 85mg**                              **4%**

**Total Carbohydrate 18g**                      **6%**

    Dietary Fiber 2g                              **8%**

    Sugars 7g

**Protein 3g**

Vitamin A 8%                      • Vitamin C 0%

Calcium 0%                              • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



**Total Cost: \$1.48**

**Cost per serving: \$0.19**

\*Cost is based on lowest available price in Fairbanks, Alaska in 2010. Sale prices are not included in the assessed prices for each ingredient. Cost is based on quantity of the ingredient used in this recipe.

## Tips

- Replace cold butter with cold margarine to reduce cholesterol.
- Place dough in freezer for 10–20 minutes if it is too sticky to press into pan.
- Try replacing ½ cup of the barley flour with ½ cup ground cashews or nut of your choice.
- Crust can be pressed into pan, tightly covered and stored in freezer for up to 1 month.
- Fill with desired pie filling, custard, fruit or cheesecake.
- Make miniature tarts using a mini-tart/muffin pan with 24 ¼-cup cavities.





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