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Watching TV shows is always a pastime activity. Be it the food shows or any other type of entertainment, with the advance of digital technology, television viewing has got a new dimension. The advanced digital features like DVR- digital video recorder lets you watch your favorite programs anytime you want. All you need to do is to adjust the settings for recording the show and your shows will be there for you to watch whenever you wish. Isn't this a convenient option! Being a food blogger, I often record my favorite food shows and replay them often. I find myself watching food shows anytime of the day and it is a great entertainment for me. Inspired by a chef's tart recipe on a recent food show, I found myself in the kitchen baking a delicious tart.

When you get down to baking a tart, there are few simple things to be kept in mind. Nothing beats the taste of homemade tarts. You can have your own fillings and toppings to suit your taste buds. You can vary the fillings as you wish and you can bake a tart for every occasion. There are few simple techniques that you need to understand before baking a tart. Once you master the art of baking perfect crust for tart, it becomes easier. Tarts are known to be difficult to prepare at home, given the hardships faced in getting the perfect crust. Though the pastry dough is easily mixed and prepared, many trip up when the crust has to be rolled out and transferred to the pan. And for some, end up with blind-baked, ready-to-fill crusts that are bubbled and unevenly cooked.

However, once you master the art of baking a good crust, you can build your own reputation for great tarts. Tarts are slightly sweeter and more tender when baked. Some tarts are baked with their filling while others are baked and then filled. Tarts do not have an upper crust and are usually baked in different sized and shaped pans. You can even use mini-tartlet pans. Once you mix the dough, turn it into a round shape, press a little to make it slightly flat and fold in a plastic wrap. Refrigerate for about 30 minutes to 1 hour. When you are ready to bake tart, remove the plastic wrap from dough and flatten it into 5- to 6-inch disc. Spray a little flour on the rolling surface and roll it using a rolling pin. Roll out towards the edge starting from the middle.

Sprinkle more flour as and when required to prevent sticking, if required on the rolling pin as well. Rotate the dough and roll it out to 1/8-inch thickness. Trim the edges of the dough to fit the tart pan. Use a removable bottom tart pan. Invert the tart pan and trim the dough 1 inch larger. Place the rolling pin on one edge of the dough and gently roll dough over pin. Lift rolling pin carefully and unroll it over the tart pan. Do not stretch the dough once place on the pan. Trim off the extra dough, leaving it a little above the tart pan, so that it is less likely to shrink and pull down the sides. Wrap the crust with a plastic wrap and refrigerate for 30 minutes. Frozen dough is less likely to shrink and slump. Pierce pastry crust with fork and line tart pan with a parchment paper. Fill with dried beans, uncooked rice, or ceramic pie weights and blind bake the crust so as to avoid the crust from bubbling up as it bakes. Bake until light brown and then cool it on wire racks.

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[Treeves](#) - About Author:

Tina likes to write about technology and food related topics. She writes about the a [TV](#) food shows and simple techniques involved in baking a perfect crust for tarts.

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