Pop-Tart Challenge

Mission: create a "from scratch" Pop-Tart that is better than the ones on the store shelf.

Directions: There are a lot of recipes for home-made Pop-Tarts on the internet. It doesn’t mean that any of them are perfect though. Feel free to mix and match, look at multiple recipes, and use your knowledge of the function of ingredients in baked products to come up with your best crust and filling. Write the recipe you use in the spaces below.

* <http://bakememore.com/2009/02/15/sorry-kelloggs-these-pop-tarts-will-make-you-crumble/>
* <http://heavenlyhomemakers.com/homemade-healthy-poptarts>
* <http://www.jasonandshawnda.com/foodiebride/archives/1946>
* <http://www.thekitchn.com/thekitchn/cookbooks/joanne-changs-homemade-poptarts-cookbook-review-recipe-from-flour-recipes-from-bostons-flour-bakery-132453>
* <http://chezpim.com/bake/how-to-make-you>

Tips:

* Be careful with fillings. They cannot be too runny or they will burst a hole in the side of the Pop-Tart when baking. How can you thicken a sauce or jelly? How can you “glue” the sides closed? Remember to make steam vents!
* Marshmallows melt completely during baking. How does Kellogg get the white gooey stuff in their smore Pop-Tart?
* Don’t make your dough too thick. It should be really thin or else after it bakes it won’t be a good comparison with the real thing.
* The edges of the Pop-Tart tend to burn before the middle is done. What can you do to prevent this from happening?
* Frosting a hot Pop-Tart is not a good idea because the icing melts!

Type:

* Strawberry
* Blueberry
* Raspberry
* Brown Sugar Cinnamon
* Apple Strudel
* Cherry
* Chocolate
* Smores
* Pumpkin
* Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Crust Recipe:

Filling Recipe:

Evaluation:

* Cut the store bought pop tart in half. Cut the homemade pop tart in half and line them up side by side. What do you observe?
* Is there a height difference?
* Which crust is thicker?
* Which filling is thicker?
* Which pop tart has more frosting?
* Which one tastes better? Why?

Reflection:

1. How did you end up deciding what recipe to use?
2. How did your recipe work out? Did you have to make any changes after you started?
3. What challenges did you face? What solutions did you come up with?
4. Why do you think that store bought Pop-Tarts are the way they are if we can make a better product?
5. At the end of the day would you rather have a homemade Pop-Tart or a store bought one? Why?