



Queen-Of-Hearts Tarts



Tarts:

- 1 Cup all purpose flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{2}{3}$ cup shortening
- 2 to 3 tablespoons cold water

Filling:

- $\frac{2}{3}$ cup cranberry - strawberry juice, divided
- $\frac{1}{2}$ envelope (1 teaspoon) unflavoured gelatine
- 1 cup vanilla yogurt

Cooking Skills

- Let your children help measure and mix together the ingredients for the filling.
- Have your children help roll and cut out the dough.
- Ask your children to predict what will happen to the gelatine mixture once it has been in the refrigerator.

To make tarts, mix flour and salt together in a bowl. Cut in shortening with a pastry blender or your fingers. Add 2 tablespoons cold water and blend with a fork until dough forms a ball. Stir in additional water as needed. Roll out dough on a floured surface to a $\frac{1}{8}$ - inch thickness. Set out 12 muffin-tin cups. Find a drinking glass with an opening slightly larger than one of the muffin-tin cups. Use the glass to cut 12 circles out of the dough. Gently press each circle into one of the cups. Bake at 475°F for 7 to 9 minutes. Allow the tarts to cool.

To make the filling, put $\frac{1}{3}$ cup juice in a bowl and sprinkle unflavoured gelatine on top. Heat the remaining $\frac{1}{3}$ cup juice to a boil. Pour the boiled juice on the gelatine mixture and stir until the gelatine is dissolved. Allow the mixture to cool slightly. Stir in yogurt. Pour the mixture into the cooled tarts and refrigerate for at least 2 hours. Makes 12 tarts.

Extending Storytime

☺ Recite the rhyme “Queen of Hearts” to your children before serving these tarts.
The Queen of Hearts, she made some tarts, All on a summers day.
The Knave of Hearts, he stole the tarts, And with them ran away.
The King of Hearts called for the tarts, And scolded the Knave full score.
The Knave of Hearts brought back the tarts, And vowed he’d steal no more.

☺ Place the prepared tarts on a platter and hide them somewhere in your room. Explain to the children that the Knave of Hearts has just stolen the tarts and they must find them.

Valentines Day Card

Use paints, pens or crayons to colour in the hearts in different shades of red. Cut out and stick on to folded card.

