Blueberry Puff Pastry Pop-Tarts

Flaky puff pastry hand pies stuffed with a quick stovetop blueberry jam and baked until puffed and golden. A homemade take on a blueberry Pop-Tart with just five ingredients.

60 min · 3 pastries · easy · American



INGREDIENTS

Blueberry Filling

- [ ] **2 cups** blueberries, fresh or frozen
- [ ] **1/2 cup** granulated sugar
- [ ] **1 tbsp** lemon juice, a squeeze, about half a lemon

Pastry

- [ ] **1 sheet** puff pastry, thawed
- [ ] **1** egg, beaten, for egg wash

METHOD

Make the filling

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment.
2. In a medium pan, combine the **2 cups** blueberries, **1/2 cup** sugar and **1 tbsp** lemon juice. Cook over medium heat until the berries burst and the liquid starts to reduce.
3. Lower the heat to medium-low and cook, stirring gently and constantly, until thick and jammy, about 20 minutes total. Let cool slightly.

Assemble and bake

4. Cut the **1 sheet** puff pastry into 6 equal rectangles and place 3 on the lined baking sheet.
5. Spoon blueberry filling onto the 3 rectangles, leaving a border. Top with the remaining rectangles and press the edges with a fork to seal.
6. Brush the tops with **1** beaten egg and bake for about 20 minutes, until puffed and deep golden.
7. Let cool for a few minutes before serving; the filling is very hot.

TIPS

– Cut a couple of diagonal slits in the top layer before baking so steam escapes and the filling doesn't leak out the sides.

– Make sure the filling is reduced to a thick jam and slightly cooled before assembling, or the pastry will get soggy and leak.

– The lemon juice amount is an assumption for 'a squeeze'; adjust to taste.

– Frozen blueberries work too; they just need a few extra minutes to reduce.

– Try other fruit fillings like strawberry or raspberry, or guava paste with cheese.

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