



# Sweet Canadian Butter Tart Delights

## My First Bite of Heaven

I remember my first butter tart in Ontario. The flaky crust gave way to sweet, gooey filling. It was pure joy in one small bite. That memory stays with me always. It inspired my own baking journey years later.

**Ever wondered how to create that perfect gooey center at home?** It is easier than you think. The secret is in the maple syrup and brown sugar. These simple ingredients create magic. Let me tell you how it works.

## A Sticky Kitchen Disaster

My first try was a funny mess. I did not chill the dough long enough. It

stuck to everything, my hands, the counter. The tarts were messy but still tasted amazing. We laughed and ate them all. **That day taught me a good lesson. Cooking is not about being perfect. It is about the joy you make and share. A messy kitchen means memories are being created. That is what home cooking is truly for.**

## Why This Treat Tastes So Good

Two things make these tarts special. First, the contrast between crust and filling. The crust is flaky and a little salty. The inside is a sweet, buttery, gooey surprise. They work together perfectly. Second, real maple syrup is key. It gives a rich flavor you cannot fake. It creates that classic Canadian taste. This simple recipe relies on good ingredients. **Which part do you think you would love most, the flaky crust or the gooey center? Tell me in the comments!**

## A Slice of Canadian History

Butter tarts are a classic Canadian dessert. They date back to the early 1900s. Pioneers made them with simple, handy ingredients. You would find them at every church picnic and family gathering. They are a proud part of our food history. Each family often has its own secret recipe. Some like raisins, some like nuts. The debate over the best filling is a fun tradition. **\*Did you know? The first known recipe was published in 1900 in Barrie, Ontario.\* This sweet treat is a real piece of our past. Have you ever tried a butter tart before?**



## Sweet Canadian Butter Tart Delights

### Ingredients:

Ingredient	Amount	Notes
Flour	2-1/2 cups	
Sugar	1 tablespoon	
Fine sea salt	1 teaspoon	
Unsalted butter	1 cup	Cold
Cold water	3/4 cup	
Unsalted butter	1/4 cup	At room temperature
Brown sugar	1/2 cup	
Eggs	2	At room temperature
Maple syrup	1 cup	
Fine sea salt	1/4 teaspoon	
Vanilla extract	1 teaspoon	

### How to Make Canadian Butter Tarts

Making these tarts is simple and fun. Follow these steps for a perfect treat. Your kitchen will smell amazing. Everyone will ask for the recipe.

See also [Easy Homemade Funnel Cake Bites Recipe](#)

#### Step 1

Make your pastry dough first. Pulse flour, sugar, and salt in a processor. Add cold butter chunks and pulse again. Then add cold water until it forms a ball. (Hard-learned tip: Your dough will be very sticky. This is totally normal, so don't add more flour!).

#### Step 2

Wrap the dough in plastic wrap. Pat it into a flat disc shape. Let it chill in the fridge for one hour. This makes the crust flaky and perfect.

### **Step 3**

Roll the dough out on a floured surface. Use a round cutter to make circles. Press each circle into a muffin pan cup. Put the pan back in the fridge.

**What is the key to a flaky crust? Is it A) Hot butter, B) Cold butter, or C) Melted butter? Share below!**

### **Step 4**

Now, make the sweet, gooey filling. Cream the soft butter and brown sugar together. Mix in the eggs one at a time. Then add maple syrup, salt, and vanilla.

### **Step 5**

Pour the filling into your pastry shells. Bake them until the filling is bubbly. Let them cool for a few minutes. Then move them to a rack to cool completely.

**Cook Time:** 25 minutes

**Total Time:** 40 minutes

**Yield:** 15 tarts

**Category:** Dessert, Pastry

## **Fun Ways to Change Up Your Tarts**

This classic recipe is just the start. You can add so many fun twists. Try one of these ideas for your next batch. They are all delicious in their own way.

**Nutty Delight:** Add a sprinkle of pecans or walnuts to the filling before

baking.

**Chocolate Chip:** Stir a handful of dark chocolate chips into the gooey maple mixture.

**Raisin Revival:** Soak raisins in warm water first, then fold them into the filling.

**Which creative spin would you try first? Vote for your favorite in the comments!**

## Serving Your Sweet Masterpiece

These tarts are great warm or at room temperature. They are sweet and rich all on their own. But a few extras can make them extra special. Here are my favorite ways to serve them.

See also [Hopper Mint Pie Delight](#)

Try one with a scoop of vanilla ice cream. The cold cream pairs well with the warm tart. A dollop of whipped cream is also a classic choice. For a beverage, I love a hot cup of coffee. It cuts through the sweetness perfectly. A cold glass of milk is another great option for kids.

**Which would you choose tonight: coffee or a cold glass of milk?**



## Sweet Canadian Butter Tart Delights

# Keeping Your Tarts Tasty

These tarts are best fresh from the oven. They keep well in the fridge for three days. You can freeze them for up to two months. Thaw them in the fridge overnight. A quick warm-up in the toaster oven brings them back to life.

I always make a double batch. My grandkids love finding them in my freezer. Why does this matter? Having a sweet treat ready saves you time later. It makes any day feel special. Do you prefer your tarts warm or cold? Let me know in the comments.

# Simple Fixes for Common Hiccups

Is your filling too runny? Make sure your eggs are at room temperature. A cold egg can make the filling separate. Is the crust too sticky? That is totally normal. Just use a bit more flour when rolling it out.

Did the filling bubble over? Do not overfill the tart shells. Leave a little space at the top. This prevents a sticky mess in your oven. Why this matters? A few small steps guarantee perfect tarts every single time.

# Your Butter Tart Questions Answered

**Can I make these gluten-free?** Yes. Use your favorite gluten-free flour blend. The results are just as delicious.

**Can I make the dough ahead?** Absolutely. The dough keeps in the fridge for two days. You can also freeze it for later.

**What can I use instead of maple syrup?** You can use corn syrup.

The flavor will be different but still good.

**Can I double this recipe?** Of course. Doubling works perfectly for a bigger crowd. Just use two muffin pans.

**Do I need a food processor?** No. You can use a pastry cutter or two forks. It just takes a little more arm work.

## Share Your Sweet Success

I hope you love making these Canadian classics. They are a little taste of home for me. I would love to see your beautiful creations. **Share your photos and tag Savory Discovery on Pinterest.** Happy cooking! —Elowen Thorn.

See also [Butterscotch Bar Bliss Bites](#)

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# Sweet Canadian Butter Tart Delights

Author: Elowen Thorn

Cooking Method:[Baking](#)

Cuisine:[Canadian](#)

Courses:[Dessert](#)

Difficulty: **Beginner**

Prep time: **15 minutes**

Cook time: **25 minutes**

Rest time:**1 hour**

**Total time: 40 minutes**

Servings: **15 tarts**

**Best Season: Summer**

## **Description**

A Canadian treat that everyone should try, these EASY Canadian Butter

Tarts consist of a flaky crust filled with a buttery, caramel-like, gooey center!

## Ingredients

### ==== Crust ===

- 2-1/2 cups flour
- 1 tablespoon sugar
- 1 teaspoon fine sea salt
- 1 cup unsalted butter (, cold)
- 3/4 cup cold water

### ==== Filling ===

- 1/4 cup unsalted butter (, at room temperature)
- 1/2 cup brown sugar
- 2 eggs (, at room temperature)
- 1 cup maple syrup
- 1/4 teaspoon fine sea salt
- 1 teaspoon vanilla extract

## Instructions

1. === Crust: === Using a food processor, pulse the 2-1/2 cups flour, 1 tablespoon sugar and 1 teaspoon fine sea salt. Add the 1 cup unsalted butter in chunks, pulse 5 to 8 times, or until butter is in small pieces. Add the 3/4 cup cold water and pulse until the dough starts coming together.
2. Turn the dough onto 2 plastic wrap pieces lying flat. Cover over and

pat into a disc. Refrigerate for at least 1 hour. Dough will be super sticky, this is normal.

3. Sprinkle a small amount of flour on a flat surface and roll out one portion at the time, about 1/8 of an inch thick. Use a round cutter or lid (4 inches) and cut 15 pieces.
4. Grease 1 muffin pan completely and 3 muffin cups from a second pan. Press each dough circle into the bottom of a muffin pan cup. Refrigerate while making the filling.
5. Preheat the oven to 350°F.
6. === Filling === Cream the softened  $\frac{1}{4}$  cup unsalted butter and packed  $\frac{1}{2}$  cup brown sugar together. Add the 2 eggs one at the time. Mix in the 1 cup maple syrup,  $\frac{1}{4}$  teaspoon fine sea salt, and 1 teaspoon vanilla extract. The filling is a chunky custard and very loose. If you make this ahead and set aside, you'll need to whisk before pouring into muffin tins.
7. Pour the filling into pie crust and bake for 25 minutes. It is easiest to use a glass measuring cup with a pour spout.
8. Let the tarts cool for 5 minutes in the pan and remove to a cooling rack.
9. If you've tried this recipe, come back and let us know how it was in the comment or ratings!

Keywords: Butter Tart, Canadian, Dessert, Pastry, Maple Syrup