

# Butter Tarts

Although, the invention of the butter tart goes back before Confederation, it wasn't until the early 1900s that butter tarts gained popularity, with various tart recipes being printed in newspapers and in popular cookbooks of the time. In fact, the earliest known published recipe for butter tarts has been traced back to Simcoe County, and specifically to a cook book published by the Royal Victoria Hospital's Women's Auxiliary in 1900. By the 1920s and 1930s butter tarts became all the rage and helped solidify them as the iconic Canadian treat.

Early recipes for butter tarts, were often sparse with their instructions and included dried fruits such as currants, dates and raisins.

From the Royal Victoria Cook Book, 1900:

Filling for Tarts — One cup sugar 1/2 cup butter, 2 eggs, 1 cup currants; mix. Fill the tarts and bake

## **Butter Tarts (1916)**

1 egg

1 cup brown sugar

1 cup currants

Butter size of a walnut

Flavour to taste

Beat all until full of bubbles. Drop from teaspoon into lined patty tins and bake in quick oven. One cup dates may be added if desired

## **Butter Tarts (1918)**

One cup brown sugar, 1 tablespoon butter 2, eggs, 1 cup currants. Mix and cook in double boiler until thick. Line tart tins with paste. Drop a small portion of above mixture into each and bake in moderate oven.

## **Taffy Butter Tarts (ca. 1920s)**

2 eggs, 1 cup brown sugar, 1 cup golden syrup, 4 tablespoons melted butter, 1 cup raisins, tart Pastry. Beat eggs, add sugar, syrup, butter and raisins. Line tart tins with pastry and put 1 teaspoonful of mixture in each tart shell. Bake tarts in hot oven (450°) for 15 minutes

Credits:

Recipe 1: *Royal Victorian Cookbook*, 1900.

Recipe 2: *Five Roses Cookbook*, 1916

Recipe 3: *Aunt Hanna's War-Time and Peace Time Recipes*, Toronto, ca. 1918.

Recipe 4: *Homemade Dessert Recipes* <https://www.homemade-dessert-recipes.com/butter-tart-recipes.html>

(taken from her mother's scrapbooks ca. 1920s)