

# Nutella Heart Shaped Puff Pastry

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Original recipe and notes at [www.devamadeo.com](http://www.devamadeo.com)



## Details:

Yield: a 9" Heart Shaped Tart, plus puff pastry sticks

Total time: 30 minutes

Active time: 10 minutes

Baking time: 20 minutes

Equipment: baking sheet, parchment paper, extra large heart-shaped cookie cutter (optional), small heart-shaped cookie cutter (optional), pie weights or large dry beans

## My Prep:

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## Ingredients:

- Frozen puff pastry sheets - 2
- Flour - 2 to 3 TBSP, for dusting the surface and your hands
- Nutella - about 6 TBSP, divided through the recipe
- Egg - 1 to be mixed thoroughly with a teaspoon of water or milk for the egg wash
- Confectioner's sugar - 1 TBSP to dust the tart
- Raspberries (you may use blueberries, blackberries or halved strawberries) -  $\frac{1}{2}$  cup

## Steps:

Thaw puff pastry sheets according to instructions. I left them on the counter and as soon as they weren't stiff I unfolded them and left them to defrost, about 10 to 15 minutes. Don't let them become too warm, they should be still a bit cold to the touch, you just want them malleable.

As soon as you're ready to start working the dough, preheat oven to 400°.

Place a parchment paper on a baking tray. Dust plenty of flour over it and accommodate 1 puff pastry sheet. If the dough feels wet, pat dry with a paper towel as much as you can and gently rub it with a bit of flour. If the Nutella enters in

My recipe highlights:

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contact with water it will seize (see notes above). Spread a semi-thick layer of Nutella, reaching to the borders. Place the second puff pastry sheet on top and press gently. If it feels wet, repeat the process with the paper towel and flour. Using an extra-large cutter or a sharp pairing knife, cut a big heart. You can use a large or medium cookie cutter to use as reference for the shape. Do not discard this dough (see notes above).

Extra notes:

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For the indentation on the center, cut a heart out of parchment paper with an oven-proof medium sized heart-shaped cookie cutter. Place the cookie cutter in the center of the puff pastry heart and gently press it down, just enough for it to hold but being careful of not piercing the dough. Poke shallow holes through the area with a fork or a small pairing knife, being careful of not piercing the dough. Place the heart-shaped parchment inside. Fill with large beans or pie weights all the way to the top and gently press down. The idea is to create weight so that area doesn't rise.

Did you love it?  
Fill the heart!



If not doing the heart indentation, still poke tiny holes through the center.

Start by cutting a slit right down in the middle, leaving about  $\frac{1}{2}$ " from the cookie cutter in the center. Cut two more on the sides mirroring each other and two more at the top curve so you have a guide. Now cut in between the slits, mirroring each other on the other side and leaving  $\frac{3}{4}$ " between each. Hold the bottom segments and twist them twice in opposite directions. Press down the corners, the idea is for the corners to touch or almost touch each other as much as possible. Work your way up with the remaining segments, twisting just once the smaller ones. Leave without twisting the very top segments (the top of the heart).

TIP: If at this point the dough feels too warm (like is melting), pop it in the freezer for 3 to 5 minutes or in the fridge for 10 minutes. It's not necessary but this helps in holding the heart shape throughout the baking process.

With a fork or small pairing knife poke tiny and shallow holes through the border (not shown in the video, sorry : / ). Using a pastry brush, lightly coat the whole surface with the egg wash.

Place in the oven and bake for 15 to 17 minutes. Carefully take out and using kitchen tongs remove the cookie cutter. With a spoon remove the beans or pie weights, then remove the heart-shaped parchment paper. Return to oven and bake for 5 minutes. If the borders are burning quickly or if you think the center will need more than 5 minutes, cover the borders with foil (like when baking a pie). Return tart to the oven for 5 to 7 minutes. Retire and let it cool down on the baking sheet.

Spread Nutella on the center. Fill with raspberries or whatever fruits you want to use.

Dust confectioner's sugar on top of brush melted butter over the pastry and cover with plenty of cinnamon sugar.

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