

Portuguese Custard Tarts

Woolworths used to have these divinely yummy tarts in a packet of 6 for sale. But it seems they are only available certain months of the year

So I thought – how hard can this be ...

Not hard at all!

I remember that when I was in my early 20's, we took cake to work for our birthdays. My mom always made this amazing real old-fashioned Milktarts. Exactly like these mini tarts, but obviously bigger.

Nowadays you rarely find the real Milktart for sale – it's mostly these wobbly excuses for a Milktart with a sprinkling of cinnamon on top – eeeuuwww!

Anyway – so I tried these Portuguese custard tarts – and were they good!

Yeah, they take a little bit of time – but it's soooooooooooooo worth it!



Portuguese Custard Tarts

400g frozen puff pastry thawed

Filling

1/3 cup sugar

1/3 cup water

2 cups milk

2 tablespoons Maizena (corn flour)

2 egg yolks

1 teaspoon vanilla essence

The process

Use a metal muffin tin. Dust a surface with flour and roll out the pastry, though not too thin.

Cut into 10 or 12cm circles depending on the size of your tins and place into the tins so that the pastry comes up the sides of the tin and set aside.

Filling

In a pot over low heat add the water and sugar and stir until the sugar has completely dissolved, simmer for a further minute or 2 while you continue.

In a bowl, mix the Maizena with a little of the milk to form a paste. Add all of the milk to the Maizena paste, stir and add to the sugar mixture, whisk in the pot. Add the egg yolks and vanilla, whisk again thoroughly and simmer the mixture, stirring now and then until the custard thickens.

Remove from heat, keep in pot and place a piece of cling film over the top to prevent a skin from forming and leave to cool.

Heat the oven to 200 Celsius. Fill the pastry shells to 3/4 full and place in the oven for 20 minutes or until the top of the custard is golden brown and firm to the touch. Put on high shelf in oven under grill to make the black spots. <http://cookbook.co.za>