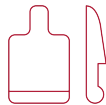




Portuguese Custard Tarts



DIFFICULTY: MEDIUM



PREPARATION TIME: 1 HOUR COOKING TIME: 20 MINUTES
PLUS COOLING TIME FOR
CUSTARD



SERVES: 12

Ingredients

3 egg yolks
1 whole egg
½ cup caster sugar
2 tbsps cornflour
1 ½ cups milk
2/3 cup cream
2 tsps vanilla essence
2 sheets frozen ready rolled puff pastry
1 tbsp caster sugar

Method

Place the egg yolks, egg, sugar and cornflour into a medium bowl. Using a balloon whisk, mix until smooth. Gradually whisk in the milk and cream. Transfer the mixture to a medium saucepan and place over a medium heat, Induction level 6.

Continue to whisk the custard constantly until the mixture thickens and comes to a gentle boil. Remove from the heat and mix in the vanilla. Transfer to a heatproof bowl and cover the surface of the custard with plastic wrap to prevent a skin from forming. Refrigerate until cooled to room temperature.

Preheat oven on Bread Baking to 220°C with high level of steam (if available). Grease 12 standard muffin pans.

Place one sheet of pastry onto a lightly floured surface. Sprinkle with the sugar then top with the second piece of pastry.

Using a rolling pin, gently roll the pastry to press the sheets together. Roll up the pastry tightly to form a log then slice into 12 even pieces. Roll each piece into a 10cm circle and press gently to line the muffin pans. Spoon the cooled custard evenly into the pastry cases.

Bake for 18 to 20 minutes or until golden and cooked. Allow to cool for 3 to 5 minutes in the pan before removing.

Notes
