



Portuguese Custard Tarts

12 Portions



Medium

up to 30 Min.



Ingredients:

For the Pastry:

320 g Ready Rolled Puff Pastry

For the Custard:

150 ml Water

250 g Caster Sugar

1 Sticks Cinnamon Stick

0.5 Lemon Zest (in large pieces)

300 ml Whole Milk

50 g Plain Flour

15 g Dr. Oetker Madagascar Vanilla

Paste (1 tbsp)

5 Egg Yolks

To Serve:

about 5 g Icing Sugar (to dust)

1 For the Pastry:

First up; unroll your pastry and brush with a little water. Tightly roll up the pastry starting at the longer edge. Wrap in clingfilm and pop in the fridge to chill for 30 minutes.

2 For the Filling:

Whilst your pastry is chilling it's time to make the filling; pop the water, sugar, cinnamon and lemon zest into a saucepan and place over a medium heat. Heat until the sugar has dissolved; turn up the heat a boil for 1 minute, don't stir your sugar syrup. Remove from the heat and leave to cool.

3

Mix together the flour and a little milk to make a smooth paste. Pop the rest of the milk into a pan with the Vanilla Paste and bring to the boil. Remove from the heat and whisk in the flour mixture until smooth.

4

Remove the cinnamon and lemon zest from the sugar syrup with tongs or a spoon and slowly pour into the mixture whisking as you pour.

5

Finally add the egg yolks to the mixture, whisk to combine until smooth and cover with clingfilm to prevent a skin from forming on the custard.



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- 6 Preheat your oven to 230°C/210°C/Gas Mark 8 and lightly grease a 12 hole muffin tray with butter. Remove the pastry from the fridge and cut into 12 equal pieces.
- 7 Pop a piece into each muffin hole and using your thumb massage in circular motions around each disc to make the pastry rise up the sides of the tin. – if you wet your thumb it will make this step easier.
- 8 Divide the custard equally between the pastry cases and bake for 15-18 minutes until the pastry is golden and the top of the custard is scorched.
- 9 Leave your Portuguese custard tarts to chill in the tin for 15 minutes this helps the custard set. Then dust with a little icing sugar, serve and enjoy!

Tip from the Test Kitchen

- Your custard tarts are best eaten on the day they are baked, however you can re-heat them in the oven for a few minutes to help the pastry crisp back up!

