

Miele

Mini Portuguese custard tarts

By Miele

20 minutes

25-30 minutes

24

Serves



INGREDIENTS

- 1 egg
- 2 egg yolks
- 110 g (½ cup) caster sugar
- 2 tbsp cornflour
- 400 ml full cream milk
- 2 tsp vanilla extract
- 1 sheet ready rolled puff pastry

METHOD

Custard

1. Place egg, yolks, sugar and cornflour in a bowl and mix well. Gradually add the milk until custard is smooth and free of lumps.
2. Place the mixture into a pot and stir constantly over medium heat, Induction setting 6, until mixture thickens and comes to the boil.
3. Remove from the heat and add the vanilla extract. Allow to cool. Cover with cling wrap to prevent a skin forming.

Pastry

1. Place egg, yolks, sugar and cornflour in a bowl and mix well. Gradually add the milk until custard is smooth and free of lumps.
2. Place the mixture into a pot and stir constantly over medium heat, Induction setting 6, until mixture thickens and comes to the boil.
3. Remove from the heat and add the vanilla extract. Allow to cool. Cover with cling wrap to prevent a skin forming.
4. Preheat the oven on Intensive Bake at 180°C. Grease a non-stick mini muffin tin.
5. Cut pastry sheet into two pieces and place on top of each other. Roll the pastry tightly, from the short side, into a log and cut the log into even sized rounds.
6. On a lightly floured surface roll each round into a 7cm disc and press into mini muffin tin.
7. Carefully spoon cooled custard mixture into each pastry case. Do not over fill.
8. Change the function to Moisture Plus with Fan Plus with one manual burst of steam.
9. Place the muffin tin into pre-heated oven on shelf position 1, releasing a burst of steam immediately and bake for 25 minutes or until golden on top.
10. Leave to cool in the tin for 5 minutes then remove and cool on a wire rack.

HINTS AND TIPS

- These tarts can be eaten warm or cold.
- Portuguese tarts, also known as pastéis de nata, were first made in the 18th century by Catholic monks at the Jerónimos Monastery in Lisbon.