

Milk Tart

An absolute winner and arguably the most traditional recipe of South African cuisine.

Makes: 2 x 22cm tarts

Total Preparation time: 15 minutes

Cooking time: 15 minutes

Ingredients

Crust:

100g butter
100g sugar
1 egg
300g flour
2 tsp baking powder
40 g water
a pinch of salt

Filling:

1 120g milk
2 tbsp cornflour
30g flour
200g sugar
3 eggs
10g butter
2 tsp vanilla essence
pinch of salt
cinnamon for dusting

Method

Pie Shell: Preheat oven to 180°C. 2 x 22cm greased pie dishes

1. Place butter and sugar into the TM bowl and blend **10 secs/speed 5**.
2. Add remaining crust ingredients. Mix **10 secs/speed 5**. Scrape down the sides and repeat until dough comes together.
3. Press into 2 greased pie dishes, prick lightly with a fork and bake for 12 mins until lightly browned around the edges. While pastry is cooking, prepare filling.

Filling:

1. Except for butter and vanilla, place all ingredients into TM bowl **10 secs/speed 5**.
2. Cook the filling for **15 mins/90°C/speed 4**.
3. Add butter and vanilla. Very carefully, blend **5 secs/speed 4**.
4. Pour into prepared crusts and cool.
5. Immediately sprinkle with lots of Cinnamon. As well as giving a lovely cinnamon taste, the cinnamon prevents a skin forming on the custard.
6. Refrigerate overnight.

Cook's notes

- If you would like to have less pastry with lots of creamy custard filling, use the full quantities for the filling and fill one crust. Freeze the other crust.
- If using vanilla paste or pods instead of the essence, add this in step 1.



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