

# Milk Tart

A favorite South African dessert, the Milk Tart was introduced by Dutch settlers in the Cape. Keep an eye on our facebook page for an easy to follow video of this recipe!

NB: Suitable for both TM5 and TM31

Preparation Time: 15 minutes

Baking Time: 15 minutes

Makes: 2 x 22 cm tarts

## Ingredients

### Crust

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

### Filling

1120 g milk  
2 tbsp cornflour  
30 g flour  
200 g sugar  
3 eggs  
10 g butter  
2 tsp vanilla extract  
Pinch of salt  
Cinnamon for dusting



**Method** Preheat oven to 180°C. Grease 2x22-cm pie dishes.

### Crust

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

### Filling

1. Except for butter and vanilla, place all ingredients into TM bowl. Mix **10 sec/speed 5**.
2. Cook the filling for **15 min/90°C/speed 4**.
3. Add butter and vanilla. Very carefully, blend **5 sec/speed 4**.
4. Pour into prepared crusts and cool.
5. Immediately sprinkle liberally with 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.

**thermomix**

  
**PORT-A-KITCHEN**  
An extra pair of hands in the kitchen

Tel: 011 974 1171  
[www.sathermomix.com](http://www.sathermomix.com)