

MELKTERT

SERVES 6

COOK TIME: 5 HRS

INGREDIENTS

CRUST (SWEET SHORTCRUST PASTRY)

100 grams Unsalted Butter
⅓ Cup Icing/Powdered Sugar
1 Large Egg
⅓ Cup Ground Almonds / Almond Flour
1 Pinch of salt
1⅓ Cups All-Purpose/Cake Flour

FILLING

2½ Cups Milk
1 Cinnamon Stick
2 Large Eggs
⅓ Cup Castor sugar
4 Tbsp Corn Starch/Flour
2 Tbsp All-Purpose/Cake Flour
1 Pinch of salt
2 Tbsp Unsalted Butter
1½ tsp Vanilla Extract
Ground Cinnamon for dusting

METHOD

Crust (Sweet Shortcrust Pastry)

Place the softened butter in a mixing bowl or the bowl of your mixer. Add the icing/powdered sugar and mix together until smooth

Next add the egg, ground almonds / almond flour and salt to the sugar and butter and mix until well combined. Add the flour a bit at a time and mix until incorporated

Place the dough onto a lightly floured surface or board and roll out into a circular shape, a little larger than the pie dish you are planning to use. You can use an approx. 20cm non stick pie dish with a removable bottom, or as I did on this occasion, 4 x 12,5cm pie dishes to make individual portions. If making multiple smaller versions, then divide the ball of dough evenly before rolling out

Place the dough into the pie dish(s) and ensure that the bottom and sides are covered*. The pastry is very soft and will most likely break when moving, so patch any holes or cracks if you need to

Remove any excess dough using the rolling pin and/or a small pairing knife. Use any excess pastry to patch up holes, cracks or irregularities if needed

Dock the bottom of the crust with a fork and place it in the freezer for around 30 minutes while you preheat your oven

Preheat the oven to 160°C. When hot, remove the pastry case from the freezer, line with baking paper or foil and use baking beans, or dried beans or rice to weigh down the pastry. Make sure that no pastry is visible at this point. Bake for 15 minutes, then remove the baking paper and beans/weights and bake uncovered for a further 10 – 15 minutes. You don't want the pastry to brown or shrink too much. It is ready when there are no visible 'wet' spots and it turns a light golden. Remove and let cool completely before adding the filling

Filling

Heat the milk and cinnamon stick in a saucepan until just before boiling

Whisk the eggs, sugar, corn flour, flour and salt together in a bowl until smooth and lump free

Once hot, remove the milk from the heat and the cinnamon stick from the milk. Then add it to the egg mixture a little at a time, while whisking constantly (It is very important to add the milk a little at a time and while whisking otherwise the eggs will cook and separate. You do not want scrambled eggs)

Once you've added the milk to the egg mixture, return to the saucepan and place back on the stove on medium heat. Stir constantly until the mixture thickens (approx. 5 – 10 minutes)

Remove from the heat and stir in the butter and vanilla. Stir well until the butter has completely melted and everything is well incorporated

Pour the mixture through a sieve/strainer (to catch any lumps) into a jug for ease of filling the tart. Then pour the mixture carefully into the tart crust(s) and set aside to cool a little (around room temperature)

Finally, sprinkle the top with cinnamon and place in the fridge to set, for at least 4 hours but preferably overnight



