

Melktert (Milk tart)

Pastry base:

Sufficient for one large (20cm) and one small (17cm) tart bases.

225g (8oz) plain flour

1 large pinch salt

115g (4oz) unsalted butter or margarine, chopped

55g (2oz) castor sugar

1 large egg yolk

2 T (tablespoon) very cold water

Hand prep method:

Sift the flour from quite a height above the bowl, allowing lots of air into the flour.

Add the salt, then rub the chopped butter into the flour, using your finger tips only.

When the mixture resembles breadcrumbs add the egg yolk, and sprinkle the cold water over the mixture.

Draw the pastry together and knead VERY briefly with your fingers.

Food processor method:

This method is quick and the results are excellent.

Place the flour, castor sugar and salt in the processor bowl, and pulse for a few seconds.

Add the butter/margarine and pulse until it resembles breadcrumbs.

Add the egg yolk and cold water and pulse until just combined.

Remove from the bowl and gently combine.

Line the baking tins:

GENTLY press the pastry into the base and up the sides of the prepared baking tins, and create a crust.

Make sure the pastry is not too thick, about 3-5mm.

Using a fork, prick the pastry REALLY well, even the crust.

Cut a large circle of baking/parchment paper and line the base, sides and crust.

Place in the fridge for 30 minutes. This helps prevent shrinkage.

Before baking, fill the base with a layer of baking beans (clay balls), or rice will do.

To bake blind:

Place a baking tray in the oven, on the shelf where you are going to put the baking tin/s.

Allow it to heat up at the same time as the oven.

Pre-heat the oven to 200C/400F/Gas6.

By placing the baking tins onto the hot baking sheet you ensure the pastry will be crisp.

When the oven has reached the correct temperature put the prepared pastry tins ONTO the hot baking sheet.

Bake for 15 minutes. Make sure the crusts don't burn.

TIP: Take thin strips of foil and gently cover the crust. This helps prevent burning.

Remove the baking tins, the baking beans and lining paper.

Pour the prepared filling into pastry cases, sprinkle with cinnamon and return to the oven for 5 minutes.

Allow to cool thoroughly and then place in the fridge to firm up.

ENJOY!!

Melktert filling:

Can be enjoyed as a hot dessert custard, or as intended, as a tart filling.

750ml milk

300ml castor sugar

3 large eggs, separated

75g unsalted butter or margarine

large pinch of salt

150ml flour

6ml almond essence

cinnamon

Warm 500ml milk, almond essence and sugar until dissolved.

Whisk the egg yolks into this warm mixture.

Mix the flour, salt and 250ml milk until the flour has dissolved.

Pour into the hot milk mixture and stir until thickened.

Whisk the egg whites until soft peaks form and fold into the mixture.

Pour into the pastry cases, sprinkle with cinnamon.

Bake for 5 minutes.

Allow to cool to room temperature, and then refrigerate until cold and set.

(Using the above method, can be prepared in the microwave)

TIP: Before you add the egg whites, and you think that the mixture is lumpy don't stress.

Simply use an electric beater to get rid of the lumps.

Then add the whites, and continue with the recipe.