

COMMON SENSE CONTENTMENT

Keeping it simple and sharing what works

Mini Melktert (milk tart)

Makes: 27 Time to make: **60 mins** (10 min prep shells, 20 min baking, custard prep, 10 min assembly, 20 min cool)

Ingredients:

- 3 sheets **puff pastry**
- 3 cups **milk** *
- 3 **eggs**
- 1 cup **sugar**
- 2½ Tbsp **cornflour** **
- **vanilla** (1 tsp essence or ½ tsp ground)
- Pinch of **salt**
- Dusting of **Cinnamon**

Equipment

- Muffin trays
- Patty Pans
- Saucepans x 2
- Heat-resistant whisk
- Pizza cutter (not essential)

Notes

* I haven't tried it with **plant milk** yet. Avoid using coconut milk as it would change the flavour profile of the tart.

** I have read that some cooks have used **arrowroot** starch instead of cornflour, but I have not tested that.

Shopping list:

- Milk
- Puff Pastry sheets
- Sugar
- Cornflour
- Eggs
- Vanilla
- Salt
- Cinnamon

Method:

1. **Pre-heat** the oven to 200C
2. **Line muffin trays** with patty pans
3. **Cut the puff pastry** sheets into squares (3 x 3 making 9 squares per sheet).
4. **Put squares into a patty pans.**
5. **Prick** each tart base, using a fork.
6. **Bake pastry shells** until light golden (± 5-15 minutes)
7. **Cool** on a tray.
8. **Heat the milk** in one saucepan
9. **Beat eggs** in another saucepan
10. **Add** sugar, cornflour, vanilla and salt to the eggs and beat
11. **Add the hot milk** to the large saucepan and set the stove to **medium heat**.
12. **Whisk constantly** until it thickens (± 5 minutes in) and remove it from the heat immediately when it does.
13. **Spoon** the custard into the tart shells
14. **Dust** with cinnamon.
15. **Cool** uncovered before serving.



I hope you enjoy it!

Alex