

MILK TART

Sweet pastry

In a stand mixer fitted with the flat beater, combine icing sugar and butter, and mix until light in colour. Add eggs one by one, making sure all get fully incorporated into the mixture. Fold in the flour, taking care not to overwork the dough. Cover pastry dough with cling wrap and chill in the fridge until firm.

On a floured surface, roll out pastry dough to 5 mm thick and slighter larger than the tart pan. Press into a tart pan lined with baking paper, then place in the fridge and allow to rest for 30 minutes.

Preheat the oven to 160°C. Using baking beans, bake the pastry case blind for 10 minutes, then remove the baking beans and bake for a further 5 minutes or until golden brown.

Filling

To make the filling, heat milk to scalding point. In a bowl, whisk together sugar, cornflour and eggs. Slowly pour the hot milk into the sugar mixture while whisking. Return the mixture to the stove and continue to whisk until thickened, then pour into the tart case. Dust with ground cinnamon and chill in the fridge.

Makes 1 tart

80 g icing sugar
125 g soft butter
1 egg
210 g cake wheat flour

1 l milk
100 g sugar
42 g cornflour
2 eggs
ground cinnamon for dusting

