

■ Section I - Cooking Recipe – South African Milk Tart

Ingredients:

Sucre Patee (Pastry Crust)

- 1 1/2 cups Plain flour
- 1/3 cup icing sugar
- ¼ teaspoon salt
- 128gms very cold (or frozen) unsalted butter, cut into small pieces
- 1 large egg yolk

Milk filling

- 2 1/4 cups milk
- 30gms butter
- 2 tablespoons flour
- 2 tablespoons cornflour
- 1/2 cup sugar
- 2 eggs
- ½ tablespoon vanilla extract
- ½ tablespoon almond extract
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg or replace with cinnamon

Instructions:

Pastry Crust

1. Butter a 9-inch pie pan with a removable bottom. Set aside.
2. Place flour, salt and sugar in a food processor pulse for a couple of times to mix ingredients.
3. Add butter and pulse until rough dough forms.
4. Add egg a little at a time - pulse until the dough barely comes together.
5. Remove dough place on a work surface - knead just enough to incorporate all the dough. Working the dough as little as possible.
6. When it's ready, the dough will be barely moistened and come together into a ball.
7. Lightly press the dough into the prepared pie pan until the bottom and sides are fully covered with pastry.
8. Place pie pan in the freezer and freeze for at least 30 minutes or more this helps prevent the dough from rising.
9. Preheat oven to 200 degrees C.
10. Bake crust for about 20 to 25 minutes or until the crust is dry and golden browned. Set aside.

Milk Filling

1. Place saucepan over medium heat, add butter, nutmeg and milk -bring to a boil and remove from the heat.
2. In another bowl, mix together flour, cornflour, sugar, vanilla and almond extract- whisk in eggs until smooth. Gently whisk into the saucepan making sure there are no lumps.
3. Return the pan to the heat – keep stirring constantly until it starts to bubble.
4. Cook for 5-6 minutes. Remove from heat and pour mixture into the baked pastry shell Sprinkle with cinnamon. Chill until ready to be served.

South African Milk Tart (Meltert)

