

# Portuguese Custard Tarts

**Makes 12**

**Hands-on Time 30 minutes**

**Baking Time 13-20 minutes**

## Ingredients

- 1/2 portion puff pastry (or 350g ready-made)
- Bread flour (for dusting)
- 140g caster sugar
- 140ml water
- 1 cinnamon stick
- Peel from 1 lemon (use a vegetable peeler)
- 1 medium egg (for egg wash)
- 3 medium egg yolks
- 25g cornflour
- Pinch of fine salt
- 350ml full-fat milk
- 1 1/2 tsp vanilla extract

## Equipment

- Rolling pin
- Sharp knife
- 12-hole muffin tray
- 2 saucepans
- Jam or electric thermometer
- Large bowl
- Hand whisk (silicone if possible)
- Spatula
- Wire rack

## Method

### 1. Prepare the pastry

- Roll the puff pastry into a 36cm x 32cm rectangle on a lightly floured surface.
- Roll it up like a Swiss roll and cut into 12 equal pieces.
- Flatten each piece into a circle slightly larger than the muffin tin holes.
- Press the dough into the muffin tin, ensuring even sides. Chill for 30 minutes.

### 2. Make the syrup

- In a saucepan, combine the sugar, water, cinnamon stick, and lemon peel.
- Bring to a boil and heat until the syrup reaches 110°C/230°F. Remove from heat and set aside.

### 3. Make the custard

- In a large bowl, whisk the egg yolks, cornflour, and salt until pale and thick.
- Heat the milk and vanilla in a saucepan until steaming. Gradually whisk into the egg mixture.
- Return the custard to the saucepan and cook over low heat, stirring constantly, until thickened.

### 4. Combine the custard and syrup

- Remove the cinnamon stick and lemon peel from the syrup.
- Whisk the syrup into the custard until fully combined.

## **5. Assemble and bake**

- Preheat the oven to 250°C/230°C (fan)/500°F/Gas Mark 8 (or 220°C/200°C (fan)/425°F/Gas Mark 7 if your oven doesn't go that high).
- Fill each pastry case with about 2 1/2 tbsp of custard.
- Bake on the middle shelf for 13 minutes (or 20 minutes at the lower temperature), or until the pastry is golden and the custard is dark bronze.

## **6. Cool and serve**

- Remove the tarts from the tin and let them cool on a wire rack.
- Serve with coffee and enjoy!

Enjoy!