

Easy Portuguese Custard Tarts

WHAT YOU NEED

- 1 whole egg (large)
- 2 egg yolks (large, or 3 or 4 medium/small – we used 5!)
- 115g golden caster sugar
- 2 tbsp cornflour
- 400 ml full-fat milk or 300ml of semi-skimmed milk with 50ml of cream added
- 2 tsp vanilla extract or one real vanilla pod
- 1 sheet of ready rolled puff pastry



METHOD

- Grease a 12-hole muffin tin and preheat your oven to 200c/180c fan/Gas 6.
- Put the egg, yolks, sugar and corn flour in a pan and mix well together, then gradually add the milk/ cream until the mixture is nice and smooth.
- Put the pan on a medium heat and stir constantly until the mixture thickens and comes to the boil. Be careful not



to scramble! Remove the pan from the heat and stir in the vanilla.

- Put the custard into a glass/ceramic bowl, cover with cling film with to avoid a skin forming, and leave to cool.
- Fold your pastry sheet in half and then roll the pastry tightly from the short side into a log. Cut the log into 12 even sized rounds of pastry.
- Either roll the pasty rounds, or mould in your fingers by turning and pressing them, and put the pastry discs into your muffin tin.
- Spoon the cooled custard into the tart cases and bake for 20-25 minutes until golden on top.
- Leave the tarts to cool in the tin and tip out to cool.
- Delicious served warm!
- We also added some little bits of roasted rhubarb, since it's rhubarb season! One stick, chopped up with a sprinkling of sugar, roasted for 15 minutes, gave this traditional Portuguese delicacy a little English kick!



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