



S.A. Milk Tart

Servings: 6

Prep Time: 15min

Cook Time: 45min

Ingredients

Crust:

- 250g cake flour
- 5ml baking powder
- Pinch of salt
- 150g butter
- 1 egg
- 25ml oil
- 75g butter
- Stick cinnamon
- Few strips naartjie skin, orange peel or lemon rind
- 100ml sugar
- 30ml corn flour
- 2 eggs, separated
- 5ml vanilla essence

Custard Filling:

- 300ml milk (keep back a little to mix with the corn flour)

Directions

1. Sift together the milk, cinnamon and rind, and allow to stand for 10-15min to infuse, strain
2. Add the sugar and butter and dissolve
3. Stir the corn flour into a little of the cold milk and add to the hot milk
4. Bring to the boil and stir until the custard thickens
5. Beat the egg yolks and stir a few spoons of the hot custard into the yolks before adding to the custard
6. Heat again, stir vigorously, but remove from the stove before it boils
7. Stir in the vanilla essence, cool
8. Beat egg whites until stiff and fold into the cold custard
9. Pour into the pastry shell, sprinkle with ground cinnamon and bake at 180 degree C for 30 min