

# PASTEL *de Nata*

[PORTUGUESE TARTS]

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The holy grail of sweet, eggy, fluffy and crunchy goodness. People obsess over good versions of these tarts, and rightly so. The base should be thin, crunchy and slightly flaky, while the inside remains sweet and fluffy with a dark caramelisation on top. No soggy or chewy pastry, please.

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## INGREDIENTS

1 quantity of extra-good quality (preferably home made) puff pastry

3 tbsp all-purpose flour

1 ¼ cups milk, divided

1 cups granulated sugar

1 cinnamon stick

cup water

½ tsp pure vanilla extract

6 large egg yolks, whisked

Caster sugar

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For the pastry base, roll the puff pastry up lengthways, like a fruit Roll-Up. Chill for 20 minutes then slice the pastry into 1 cm slices and spread them out into small pastry moulds.

For the custard filling, whisk the flour and ¼ cup of the milk in a medium bowl until smooth, then set aside. Heat the sugar, cinnamon and water in a small saucepan until just boiling. Meanwhile, bring the remaining 1 cup of milk to the boil in another small saucepan then remove quickly from the heat. Whisk the hot milk into the flour mixture. Next, remove the cinnamon stick and pour the sugar syrup in a thin stream into the mixture, whisking briskly. Add the vanilla and stir for a minute until very warm but not hot. Finally, whisk in the yolks.

Pour the custard into the pastry shells and cook for 15 minutes or so, or until the tops are dark and caramelised.

Allow to cool slightly while preparing yourself a coffee.