

PÂTE SABLÉE (TART PASTRY)

SERVES: 2 large tart cases

PREP TIME: 45 min

COOK TIME: 15 min



INGREDIENTS:

TART PASTRY

- 255 g butter
- 200 g castor sugar
- 2 eggs
- 500 g cake flour
- 1 tsp vanilla essence

MILK TART FILLING

- 4 cups milk
- 1 tbsp butter or margarine
- 2 eggs
- 1 egg yolk
- 1 cup sugar
- 2 tbsp flour
- 3 tbsp cornflour
- 5 ml vanilla essence
- 1 cinnamon stick

Milk tart recipe follows on the next page

TART PASTRY METHOD:

1. Cream butter and sugar.
2. Add eggs and vanilla essence and mix until smooth.
3. Add the flour and mix on low until incorporated.
4. Chill pastry in the refrigerator for 20–30 minutes.
5. While pastry is chilling, preheat oven to 180°C.
6. Roll pastry out to about 3 mm thickness.
7. Line a tart case with the pastry and chill again.
8. Bake in preheated oven until golden.

MILK TART METHOD:

1. Bring milk and butter or margarine to the boil.
2. Remove from heat.
3. Combine the remaining ingredients in a separate bowl and whisk until a smooth paste is formed.
4. Add some of the warm milk to loosen the mix and combine with the rest of the milk.
5. Return the mix to the heat and bring to the boil, whisking constantly until thick.
6. Remove from heat and pour into prebaked pastry case.
7. Allow to set in the fridge for 1 hour.

Enjoy!

