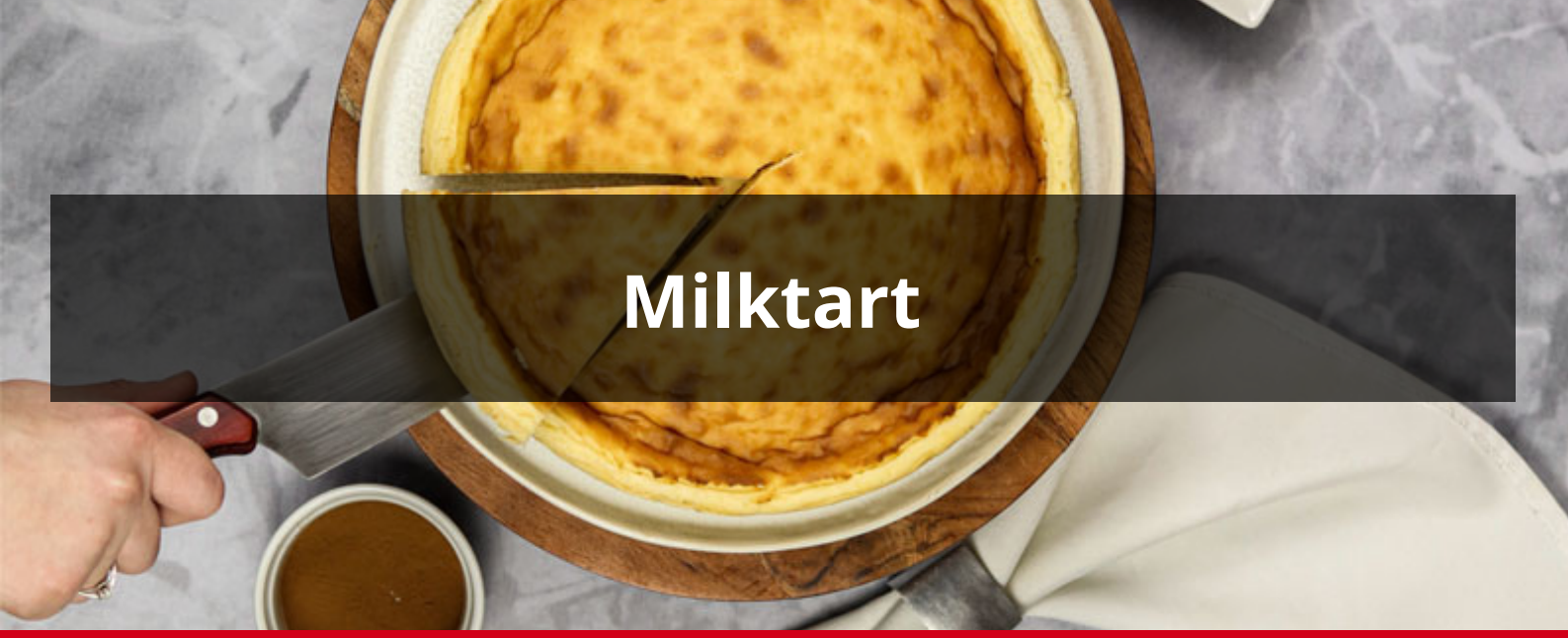

Milktart

INGREDIENTS

For the Sweet Pastry

- ·125g All-purpose flour
- 50g Unsalted butter, sliced in small cubes
- 50g Icing sugar
- Salt, a pinch
- 1 Large egg

For the Filling

- 220ml Milk
- 1 Cinnamon stick
- 2 x Cardamom pods
- 20ml All-purpose flour
- 20ml Cornflour
- Salt, a pinch
- 60g White sugar
- 2 Large eggs, separated from egg yolks

DIRECTIONS

For the Sweet Pastry

1. On a clean working surface, sift the flour, make a well in the center and add the cubed butter. Combine and rub it in with your fingers to make a crumbly texture.
2. Add the egg and gently knead until the pastry is formed.
3. Rest the pastry, for a couple of hours, in a small bowl in the fridge covered with cling wrap.

While the pastry is setting in the fridge, you can start and pe-heat the braai

For the Filling

4. In LK's Sauce Pot, bring 200ml milk, cardamoms, and the cinnamon stick to boil.
5. In a separate bowl, mix the flour, salt, and half of the sugar together and stir in the balance of the milk into a smooth paste.
6. Remove the milk from the heat and add to the paste while continuously stirring.
7. Return the pot to the heat and cook until thick while continually stirring.
8. Remove from the heat once again and add the 2x egg yolks, stir and mix well together.
9. Whisk the egg whites until frothy and beat in the rest of the sugar. Add into the custard mixture and combine well.
10. Remove the pastry from the fridge and roll to about 22cm- not more than 2mm thick. Roll the pastry onto your rolling pin and transfer to your greased baking dish.
11. Gently pour in the custard mixture and leave to bake for 20 minutes.
12. Use your LK's Braai Mitten to remove the baking dish from the braai and place it onto a rack to cool. Serve and enjoy!

Note: *Don't be tempted to peek as the centre will drop*

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