

## STELLIE'S MELK TERT

EPISODE 10 / *Alet*

### METHOD

#### STEP 1 – PASTRY

- Roll out the pastry on a floured surface.
- Lay the rolled pastry over a round ovenproof baking dish.
- Prick the dough with a fork to top it from bubbling up in the oven.
- Line with wax paper.
- Fill the dish with dry uncooked rice or lentils.
- Bake in a 200°C oven for 20 mins.

#### STEP 2 – PREPARING THE MIXTURE

- Pour the milk into a saucepan, add the cinnamon stick and warm, not boil.
- Mix the sugar, flour and cornflour to a paste with a little of the milk.
- Add the warm milk to the cornflour mixture.
- Return the saucepan to the heat and cook for 15 minutes stirring until thick and smooth.
- Remove from heat and cool a little. When cool add the egg yolks one at a time mixing well.
- Add the butter and stir.
- Add almond essence.

#### STEP 3 – MAKING THE TART

- Pour in the custard mixture.
- Slice off the overlapping pastry.
- Bake in a hot oven at 200°C for about 10 minutes and then reduce the heat 160°C and continue to bake until the pastry is browned and the filling is set.
- Sprinkle cinnamon sugar over the top just before serving.

### INGREDIENTS

Ready made PnP puff pastry

750 ml PnP milk

1 cinnamon stick

30 ml PnP cake flour

40 ml PnP cornflour

Pinch of PnP salt

75 ml PnP sugar

4 egg yolks

50g PnP butter

5 ml almond essence

PnP Powdered cinnamon