

Portugese-style custard tarts

Ingredients

- 1 cup white sugar
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ cup cornflour
- 2 cups milk
- $\frac{1}{2}$ cup thickened cream
- 3 egg yolks, beaten
- 4 sheets puff pastry
- Freshly ground nutmeg
- Icing sugar, to serve

Equipment

Mixing bowl
Wooden spoon
Large saucepan
whisk
Measuring cups
Patty pan tray

What to do

1. Preheat the oven to 200°C
2. Measure out all your ingredients and set aside .
3. To make custard, place sugar and water in a heavy based saucepan over medium-high heat. Cook, stirring, for 3 minutes, or until sugar dissolves. Boil without stirring for 3 minutes.
4. Combine the cornflour, milk and cream, mix well. Add egg yolks, whisking well. Add the sugar mixture slowly, whisking all the time.
5. Pour the mixture back into the saucepan and place over a medium-low heat. Cook, stirring until the mixture has just come to the boil. Set aside to cool. Carefully place a piece of cling wrap on top of the custard surface to prevent a skin from forming.
6. Lightly grease the patty pan moulds/trays. Cut circles of whatever size you prefer from the thawed puff pastry. Press gently into the moulds. Spoon custard (so they are a little over half full) into pastry cups and sprinkle with nutmeg.

7. Bake for about 15 minutes until pastry is golden and puffed. Dust generously with icing sugar and return to the oven for 2 minutes. Serve warm or at room temperature.