



Miele

Mini Portuguese tarts

By Miele

20 minutes

Preparation time

25-30 minutes

Cooking time

Makes 36

Serves

INGREDIENTS

- 1 egg
- 2 egg yolks
- 110 g (½ cup) caster sugar
- 2 tbsp cornflour
- 410 ml (1 ¾ cups) full cream milk
- 2 tsp vanilla extract
- 1 ½ sheets ready rolled puff pastry (25 cm x 25 cm)

METHOD

1. Place the egg, yolks, sugar and cornflour in a bowl and mix well. Gradually add the milk until smooth and free of lumps.
2. Place the mixture into a saucepan and stir constantly over medium heat, Induction setting 6, until the mixture thickens and comes to the boil.
3. Remove from the heat and add the vanilla extract. Allow to cool. Cover with cling wrap to prevent a skin forming.
4. Preheat the oven on Intensive Bake at 180°C. Grease a non-stick mini muffin tin.
5. Roll the pastry sheets tightly into a log and cut the log into 36 even sized rounds.
6. On a lightly floured surface, roll each round into a 7 cm disc and press into the mini muffin tin.
7. Carefully spoon the cooled custard mixture into each pastry case. Do not over fill.
8. Change the function to Moisture Plus with Fan Plus at 180°C with one manual burst of steam.
9. Place the muffin tin into preheated oven on shelf level 1, releasing a burst of steam immediately and bake for 25 minutes, or until golden on top.
10. Leave to cool in the tin for 5 minutes then remove and cool on a wire rack.
11. Repeat with the remaining mixture and pastry.

Alternative appliance method

Combi steam Pro oven

- Preheat the oven on Combi mode: Conventional at 180°C + 50% moisture with a rack on shelf level 1.
- Place the tarts on the rack and cook for 25 minutes, or until golden on top.

Hints and tips

- The tarts can be eaten warm or cold.
- Portuguese tarts, also known as pastéis de nata, were first made in the 18th century by Catholic monks at the Jerónimos Monastery in Lisbon.
- The above mixture can be made into larger tarts using a standard 7 cup muffin tin. Cook the tarts for 30 minutes, or until golden on the top.
- Create the classic burnished top by placing the tarts into the oven on shelf level 4 on Full Grill at 240°C for 3 minutes.