

Miele

Portuguese tarts

By Shannon Bennett

3 hours

Prep time

35 minutes

Cooking time

12 servings

Serves



INGREDIENTS

Puff pastry

500g butter

150ml water

1¼ teaspoons salt

1 egg yolk

½ teaspoon white wine vinegar

495g plain flour, sifted

Filling

2 eggs

100g caster sugar

120ml full-fat milk

250ml double cream

METHOD

Puff pastry

1. In a small pan, melt 50g of butter then whisk in the water, salt, egg yolk and vinegar.
2. Using a mixer with a dough hook attachment, place 320g of flour and pour in the contents of the pan. Mix slowly until it is all fully combined. This is called the détrempe.
3. Tip out the dough and form a ball. Wrap the dough in cling wrap and allow to rest in the refrigerator for at least 3 hours.
4. Place the remaining flour in a bowl of the electric mixer, fitted with a dough hook attachment. Soften the remaining butter, add to the flour and mix until fully combined on low speed.
5. Place on a lightly floured surface and shape into a square. Wrap the dough as before and allow to rest in the refrigerator for at least 3 hours.
6. Remove pastry from the refrigerator. On a lightly floured surface roll out the détrempe into a square twice the size of the square of dough. Place the smaller square into the centre and fold the corners in to meet in the centre, like an envelope. Roll out to a rectangular shape about 2cm thick. Fold it into thirds, starting with the shortest edge furthest away from you. This is known as a simple turn. Turn the dough 90°C and roll again to about 2cm thick. Turn the dough 90° degrees again and fold the ends to meet in the centre and fold over itself again from left to right. This is called a book turn. Wrap the dough as before and allow to rest in the refrigerator for at least 3 hours.
7. On a lightly floured surface, roll out to a rectangle 2cm thick and do a simple turn then roll again and do a book turn. Refrigerate pastry until you need to roll it out for your recipe.
8. Remove from the refrigerator 30 minutes before you need it and proceed with Portuguese Tart recipe.

Tart shell

1. Make the pastry as per recipe. Grease a 12 hole 1/3 cup size muffin pan.
2. Roll out on a lightly floured surface to 3mm thickness. Cut out 12 pastry discs of 10cm diameter x 3mm thick.
3. Line the muffin pans with the pastry, dock the entire base of the tarts with a fork and chill for 30 minutes.
4. Pre-heat Combination Steam oven on Intensive Bake at 170°C and place the baking and roasting rack on shelf position 1.
5. Line tarts with baking paper or patty cases and fill with baking beans.
6. Place muffin tray in oven, set the minute minder for 15 minutes and release a manual burst of steam immediately.
7. Remove tray from oven and leave to cool for 30 minutes. Remove beans and lining. Change oven setting to Fan Plus at 190°C

Filling

1. Whisk eggs and sugar together and combine with the milk and cream.
2. Fill tarts with the custard and return to the oven. Set the minute minder and cook for 15 minutes and release a burst of steam immediately. Cook until the surface has lost its wobble. Caramelize the top of the tart with a cooks blow torch.

Hints and tips

- Make the puff pastry recipe well ahead of time as there is a lot of chilling time required.
- Freeze any leftover pastry for up to 3 months.