

Milk tart/ Melktert - refrigerated custard pie

Pie Crust:

Ingredients	Metric	American	Yield	Baker's %
Flour, pastry	200 g	7 oz	44.9 %	100.0 %
Sugar, powdered	100 g	3 ½ oz	22.5 %	50.0 %
Butter, cut into small pieces	100 g	3 ½ oz	22.5 %	50.0 %
Egg yolks	45 g	3 each	10.1 %	22.5 %
Vanilla extract	TT	TT	-	-
Lemon juice	TT	TT	-	-
Salt	TT	TT	-	-
Total	445 g	15.6 oz	100 %	222.5 %

Method:

- Sift the flour and salt into a pyramid on a working surface. Make a well in the center and add the sugar, butter vanilla, lemon and egg yolks.
- Flip the flour over the egg yolks and work the mixture together with your fingertips until all the flour is incorporated. Knead the dough slightly for a few seconds.
- Wrap the pastry and leave to rest in the refrigerator for 1 hour. To make tart case, roll the dough out with a lightly floured rolling pin and shape as required. Makes on 23-cm (9-in) pie shell.
- Bake blind.

(Baking Blind: Many recipes require a pastry case that has been baked “blind,” or without a filling. Use dried beans, rice or pasta to weight down the paper before baking. To blind bake: Line the shaped pastry with greaseproof paper or the wrapper from a block of butter, greased side down, and half fill it with uncooked, dried beans. Bake at 200°C (400°F) for 10-15 minutes, remove beans and paper and bake 5-10 minutes more, until golden brown. Baking times and temperature may vary).

- The easy way out is to buy a ready made pie shell at the local supermarket!

Filling/ Custard:

Ingredients	Metric	American	Yield
Milk	600 ml	21 oz	63.8 %
Butter, unsalted	45 g	1 ½ oz	4.8 %
Salt	TT	TT	-
Sugar, granulated	155 g	5 ½ oz	16.5 %
Flour, cake	20 g	¾ oz	1.18 %
Starch	20 g	¾ oz	2.1 %
Eggs	100 g	2 each	2.1%
Vanilla extract	TT	TT	-
Total	940 g	2 lbs 1 oz	100%

Method:

Boil the milk, butter and salt in a heavy cooking pot. Mean while, sift all the dry ingredients and place in a bowl. Add the eggs and vanilla and whisk into a pale paste. Temper the paste with a cup of the now nearly boiling milk, mix well. Once the milk is boiling, add the paste while stirring constantly. Bring to a second boil. Fill into the prepared pie crust and spread out evenly. Cool well before serving.

Finishing variations:

1. Cool through out, sprinkle with pure cane granulated sugar. Using a torch, caramelize the sugar and serve. (My favorite version!)
2. Dust with cinnamon and cool - or
3. Cool for one hour and top with fresh fruit.