

Preparation time: 45 minutes

Cooking time: 25 minutes

Total inc. Cooling: 1.5 hours

Makes: 9-12 tarts depending on size

Ingredients

Pastry

165g Plain flour, plus extra for dusting

25g Ground almonds

120g Butter, chilled and cubed

55g Caster sugar

1 Egg

Custard

700ml Milk, full fat

7 Egg yolks

90g Caster sugar

Freshly ground nutmeg

Method

Make the pastry

1. Weigh the plain flour and ground almonds into a large bowl
2. Add the cubed butter and rub between your fingertips until it resembles breadcrumbs
3. Add the sugar and stir it through
4. Add the egg and mix together until you form a soft dough
5. Tip the dough out onto a floured surface, make into a disc, wrap in cling film, and chill for 30 minutes
6. Tip the dough onto the floured surface and roll out until it is about 2mm thick
7. Cut out circles using an 11cm cutter (slightly bigger than the tart tin holes). Put them in the tin
8. Preheat the oven to gas mark 4 / 200°C / 180°C fan

Make the custard

9. Separate the eggs* with the yolks in a large bowl
10. Add the sugar and beat together until they are pale and creamy
11. Warm the milk in a saucepan over a medium heat until it is hot to the touch
12. Very gradually add the milk to the egg mixture stirring all the time so the eggs don't start to cook
13. Pour the custard into the tart cases
14. Put in the oven for 25 minutes. The tarts are done when the egg domes slightly
15. Leave to cool in the tin for 30 minutes before tipping out onto a cooling rack
16. Store in an airtight container

* The egg whites may be frozen and used later. Perfect for meringues or bulking out an omelette or other egg product

Custard Tarts

Brigades @ Home – 05/02/2021

Ingredients

Pastry

- 165g Plain flour
- 25g Ground almonds
- 120g Butter
- 55g Caster sugar
- 1 Egg

Custard

- 700ml Milk, full fat
- 7 Egg yolks
- 90g Caster sugar
- Freshly ground nutmeg



Utensils

- Scales & Large bowl
 - Wooden spoon & Saucepan
 - Measuring jug & 11cm Cutter
 - Rolling pin & Tart tin
 - Cooling rack
 - Airtight container
- Oven gas 4 / 200°C / 180°C fan



1.

Weigh 165g of the plain flour in the large bowl



2.

Weigh 25g of the ground almonds into the large bowl
Stir together



3.

Weigh 120g of the cubed butter into the flour mixture



4.

Rub together using your fingertips until it resembles breadcrumbs
Weigh in 55g of the caster sugar and stir through



5.

Add the egg
Mix together using your hands to bring it together into a soft dough



6.

Tip the dough out onto a floured surface and form it into a disc



7.

Wrap the dough in cling film and chill in the fridge for 30 minutes



8.

Put the dough onto the floured surface and roll it out until it is about 2mm thick
Preheat the oven



9.

Use the cutter to cut circles of pastry and line the tart tin



10.

Separate the eggs with the yolks in the large bowl



11.

Weigh 90g of the caster sugar into the egg yolks



12.

Beat the sugar and egg yolks together until they are pale and creamy



13.

Measure 700ml of the full fat milk into the measuring jug



14.

Add the milk to the saucepan over a medium heat
Warm the milk until the back of your little finger feels hot when it touches the surface



15.

Gradually add the warm milk to the egg yolks stirring all the time
N.B. If you add the milk too quickly, or do not stir, the egg yolks may start to cook!



16.

Pour the custard into the tart pastry cases
Sprinkle a pinch of the ground nutmeg onto the top of each



17.

Bake for 25 minutes in the preheated oven



18.

Enjoy
Store in an airtight container

