

Dilmah Earl Grey and Vanilla Portuguese Tart



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Peter Kuruvita

- Sub Category Name
Food
Savory
- Recipe Source Name
Gastronomy Recipes

Ingredients

Dilmah Earl Grey and Vanilla Portuguese Tart Portuguese Tart (makes 6)

- 1 sheet puff pastry
- 4 Dilmah Earl Grey and Vanilla Tea Bags
- 4 large free-range egg yolks
- 25ml cream
- 125ml milk
- 50g castor sugar
- 1 tsp. vanilla essence
- 100g melted butter

Methods and Directions

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- Preheat oven to 220°C
- Combine the milk and sugar, and heat in the pot over medium heat until just before boiling. Add the tea and brew covered, for 5 minutes
- In a separate bowl whisk the cream, vanilla and egg yolks, add the milk and whisk. Refrigerate till needed.



- Cut the puff pastry into 3 equal parts, then brush with the melted butter and stack on top of each other. Roll them together to make a cylinder and then cut them into thick rings and roll out to fit the tart mould, push the pastry into the rings.
- Remove the custard mix from the fridge and fill each tart to 80%.
- Place in the oven for 13 minutes and then turn the grill in the oven or place the tarts under a salamander grill for a further 3 minutes or till the top is golden.

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