

Portuguese egg tart matched with Rose Marzipan and mint tea



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Food
Desserts

Ingredients

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- 1 sheet puff pastry
- 3 large free range egg yolks
- 25ml cream
- 25ml milk
- 50g caster sugar
- 1 tea spoon vanilla essence
- 100g melted butter
- 1 Medium heavy based pan
- 1 spoon.

Methods and Directions

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- Preheat oven to 220 Deg C
- Combine the milk and sugar.
- Heat it in the pot over medium heat to just before boiling.
- 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.
- 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 tarts under a salamander for a further 3 minutes or till the top is golden.

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