

Pastéis de Nata



Ingredients

- ✓ 250 g golden caster sugar
- ✓ 2 lemon slices
- ✓ 2 cinnamon sticks
- ✓ 250 ml milk
- ✓ 30 g plain flour
- ✓ 20 g corn flour
- ✓ few drops vanilla extract
- ✓ 3 egg yolks, plus 1 whole egg
- ✓ 375 g puff pastry
- ✓ flour, icing sugar and ground cinnamon, for dusting

Directions:

The best pasteis de natas are of course the famous *Pasteis de Belem* from Lisbon. Unfortunately I cannot help anybody to this recipe, because it is a well-kept secret of the monks from the Mosteiro dos Jerónimos. There are however lots of Pastelerias (bakeries) where you can buy delicious varieties of this sweet delight.

If you want to give a try yourself, try this recipe:

Makes 12

1. Bring the sugar, lemon and cinnamon to a boil in a pan with 125 ml water.
2. Mix the flour, corn flour and vanilla with a small amount of milk until you have a smooth paste. Bring the rest of the milk to a boil and add, whisking continuously until the mixture thickens.
3. Remove the cinnamon and lemon and then stir both mixtures together and add the eggs one by one. Bring back to a simmer and whisk until smooth. Pour into a jug, cover the surface with cling film and allow to cool.
4. Heat the oven to 220C/fan 200C/gas 7. Roll out the puff pastry on a clean work surface lightly dusted with flour and icing sugar. Cut the pastry in half and lay one sheet on top of the other. Roll the pastry sheets up like a Swiss roll and cut the roll into twelve slices about 1 cm – 2cm thick.

5. Lay each of the pastry slices flat on the work surface and roll them out into 10cm discs. Press a pastry disc into each of the wells of a buttered muffin tray. Divide the custard between the pastry cases.

6. Bake the tarts for 18-20 minutes on a preheated baking sheet, or until the custard has puffed up and is pale golden-brown, and the pastry is crisp and golden-brown.

7. Allow to cool in the tin. Before serving, dust with some cinnamon and icing sugar.

Best eaten the same day

Enjoy!

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