

Velvety quick MILK TART..... For EASTER

A quick whip up smooth and creamy milk tart, ideal for weekend's away or a quick dessert for after supper. Please serve this luke warm..... It should just be cool enough not to "wobble" out of your spoon...



Ingredients for the milk tart:

3 large free-range eggs, separated
250 ml sugar
30 ml butter
250 ml cake flour
5 ml vanilla

5 ml baking powder
1 ml salt
1 liter milk
1/2 t cinnamon mixed with 1/4 cup sugar

METHOD:

Preheat the oven to 180 degrees.

Grease a deep "lasagne dish" with butter.

Cream the egg yolks, sugar and butter till light and pale yellow.

Add the sifted cake flour, baking powder and salt to the yolk and sugar mixture.

Add the milk and vanilla and mix well.

Whip the egg whites till stiff peaks and fold into the yolk mixture.

I battled a bit to fold the whites into the "very liquid" mixture, it nearly looked like the whites floated on top, don't stress, it still came out perfect.

Pour into the greased "lasagne dish". Bake at 180 degrees until brown on top, the centre of the tart must still be wobbly when you give it a shake. +/- 55 minutes. Dust with the cinnamon sugar as soon as you take it out of the oven, let it cool for at least one hour until set. Serve luke warm.

It will form a brown crust around the sides of the dish with a velvety smooth wobbly centre.....

Recipe card from the kitchen of



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