

South African Melktert Milk Tart

Oscar · 29/09/2024



Prep Time

1 hr 10 mins

Difficult

Medium

Servings

8

Description

This milk tart recipe is from my South African grandmother Ouma Her legendary milk tart is lipsmacking and the recipe is a real winner Its a traditional South African tart that is easy to prepare and can be served hot or cold

Ingredients

- - cooking spray - 1 cup white sugar - 3 tablespoons butter
- melted - 3 egg yolks - 1 cup cake flour - 1 teaspoon baking powder - $\frac{1}{4}$ teaspoon salt - 4 cups milk - 1 teaspoon vanilla extract - 3 egg white - 1 tablespoon cinnamon sugar

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Coat a 9-inch deep-dish pie plate with cooking spray. Mix together sugar and butter in a large bowl until smooth. Add egg yolks and beat until light and fluffy. Sift in cake flour
2. baking powder
3. and salt; stir until well-blended. Mix in milk and vanilla until combined. Whip egg whites with an electric mixer in a separate bowl to stiff peaks. Fold into batter. Pour into the prepared pie plate; sprinkle cinnamon sugar on top. Bake in the preheated oven for 25 minutes
4. then reduce temperature to 325 degrees F (165 degrees C). Continue baking until the center is set when pie is gently jiggled
5. 25 to 30 minutes.