

Milk Tart

Oscar · 29/09/2024

**Prep Time**

50 mins

Difficult

Medium

Servings

16

Description

This custard pie with a sweet pastry crust is a South African favorite especially at tea time I got this wonderful recipe from a friend

Ingredients

- - ½ cup butter
- softened - 1 cup white sugar - 1 egg - 2 cups all-purpose flour - 2 teaspoons baking powder - 1 pinch salt - 4 cups milk - 1 teaspoon vanilla extract - 1 tablespoon butter - 2 ½ tablespoons all-purpose flour - 2 ½ tablespoons cornstarch - ½ cup white sugar - 2 eggs
- beaten - ½ teaspoon ground cinnamon

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). In a medium mixing bowl
2. cream together 1/2 cup butter or margarine and 1 cup sugar. Add 1 egg and beat until mixture is smooth. In a separate bowl
3. mix together 2 cups flour
4. baking powder
5. and salt. Stir flour mixture into sugar mixture just until ingredients are thoroughly combined. Press mixture into bottom and sides of two 9-inch pie pans. Bake in preheated oven for 10 to 15 minutes
6. until golden brown. In a large saucepan
7. combine milk
8. vanilla extract
9. and 1 tablespoon butter or margarine. Bring to a boil over medium heat
10. then remove from burner. In a separate bowl
11. mix together 2 1/2 tablespoons flour
12. cornstarch
13. and 1/2 cup sugar. Add beaten eggs to sugar mixture and whisk until smooth. Slowly whisk mixture into milk. Return pan to heat and bring to a boil
14. stirring constantly. Boil and stir 5 minutes. Pour half of mixture into each pastry shell. Sprinkle with cinnamon. Chill before serving.