



Custard tart

Pastel de nata



Ingredients

For the puff pastry–

- 500 g flour
- 500 g butter or margarine for puff pastry
- 2 to 3 dl of water
- a pinch of salt

For the custard –

- 5 dl cream
- 8 egg yolks
- 2 tablespoons of flour
- 200 g caster sugar
- lemon peel

Instructions

For the pastry:

1. Dissolve the salt in warm water and divide the fat into 3 equal parts.
2. Place the flour on the bench, make a hole in the center of the flour to which the water is added.
3. Knead the mixture until becoming smooth and let the dough rest 20 min.
4. After resting, extend the dough in order to obtain a square.
5. Knead the fat (butter) a little bit so that it achieves a consistency similar of that of the dough.
6. Spread the surface of the dough with 1/3 of the grated butter to form an even layer. Don't worry if the butter clumps together, just make sure the pieces are evenly distributed. Leave a finger-width strip around the entire square without butter.
7. Fold the dough from the bottom to top and from the left to the right, taking as main care as possible to achieve a perfect adjustment of the tips and sides.
8. Extend the dough with a roll until forming again a square.
9. Spread the surface of the dough with another 1/3 of the grated butter and repeat the procedure in 7. and 8.
10. Spread the surface of the dough with the last 1/3 of the grated butter and repeat the procedure in 7.
11. Extend the dough with a roll, cut into strips and roll up to obtain long rolls which are cut into pieces of 2 to 3 cm.
12. Insert a piece of the dough in the pastel molds and with the help of the thumb, slightly soaked in water, the dough is crushed into the molds.

For the custard:

1. Mix all the ingredients and heat the mixture until it starts boiling.
2. Take of the heat and when it is warm put the custard into the pastry in the molds.
3. Bake in a very hot oven (250 to 300 °C).
4. Serve sprinkled with cinnamon and icing sugar .

