

Mini Melkterts: Classic South African Milk Tart in Two Creamy Pies

Mini Melkterts: My Famous Creamy Milk Tart Recipe ????



OVEN
350°F

TIME
15 min

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

For the Crust:

250g butter

2% cups all-purpose flour

% cup castor sugar

2 tsp baking powder

Pinch of salt

For the Filling:

8 cups milk

2 tsp vanilla essence

5 tbsp cornflour

5 tbsp all-purpose flour

2 cups sugar

6 eggs

3 tbsp butter

Cinnamon powder, for topping

DIRECTIONS

1. Make the Crust: In a large bowl, mix:
2. Flour
3. Salt
4. Baking powder
5. Castor sugar
6. Rub in the butter by hand until a soft dough forms. Divide between two 28cm flan or foil pie pans, pressing evenly. Prick with a fork to prevent bubbling. Bake at 180°C (350°F) for 15 minutes, or until light golden brown.
7. ? Tip: Press the crust thin-this ensures you get plenty of creamy filling per slice.
8. Let cool while you prepare the filling.
9. Make the Filling: In a large pot, heat:
10. Milk, vanilla, and butter over medium-low heat.
11. In a separate bowl, mix:
12. Eggs, sugar, cornflour, and flour until smooth and lump-free.
13. Temper the eggs: Slowly whisk in a cup of the warm milk mixture to the egg bowl. Repeat with a second cup. Then pour everything back into the pot with the remaining milk.
14. Cook over medium heat, stirring constantly, for 10 minutes or until thickened. The mixture should coat the back of a spoon.
15. Assemble the Melkterts: Pour the warm custard into the cooled tart shells. Smooth the tops and sprinkle generously with cinnamon.
16. Let cool at room temp for 30 minutes, then refrigerate for at least 4 hours or until fully set.

