

South African Milk Tart

Prep time	Cook time	Total time
30 mins	20 mins	50 mins

A traditional South African dessert made with sweet pastry and a milky custard. Recipe makes one large deep dish pie or 2 smaller tarts (approx. 8"-9" each). Recipe adapted from Louise at [Just Easy Recipes](#)

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Recipe type: Dessert

Cuisine: South Africa

Serves: 1 large pie or 2 smaller tarts

Ingredients

Pastry

½ cup (125g) unsalted butter, at room temperature

½ cup sugar

1 large egg

1¾ cups all-purpose flour

2 teaspoons baking powder

pinch of salt

Filling

4 ½ cups full milk

3 large eggs

1 cup sugar

2 ½ Tablespoons all-purpose flour

2 ½ Tablespoons cornflour

pinch of salt

1 teaspoon pure vanilla extract

1 Tablespoon unsalted butter

Cinnamon for dusting on top



Instructions

- Preheat oven to 350°F.
- Using a mixer cream butter and sugar together. Add egg and beat until light and fluffy.
- In a separate bowl mix together flour, baking powder, and salt. Add to butter mixture and mix together until dough comes together.
- On a prepared work surface lightly floured, roll out dough with a rolling pin. Place dough into pie dish/tin and using your fingers gently press into place (using either one or two round cake tins/pie dishes). Prick all over the bottom of the pastry with a fork. Trim edges and shape as desired.
- Use parchment paper to cover the base of the pastry and place pie weights or dry beans/rice over the paper to weight the pastry down. Place in the middle of the oven and bake blind for 15 minutes. Then remove the paper and beans/rice and continue to bake for an additional 5 minutes until light brown. Set aside.
- In a large pot bring milk to a gentle boil, stirring occasionally. Meanwhile using a mixer beat eggs and sugar together. Add flour, cornflour and salt. Mix well. While the mixture is running on low carefully pour boiling milk into the mixture - making sure to slowly pour small amounts at a time (approx. ¼ cup until halfway then add the rest) stir well. You don't want to cook your eggs (Note: Make sure you are using the largest mixing bowl you have, so there is lots of room to pour the milk in. If you don't have a large mixing bowl for your mixer, you can mix by hand).
- Return to stove and stir for 10-12 minutes on medium heat until the mixture thickens. Add butter and vanilla and mix. Pour into your pastry shell.
- Allow to cool in the fridge overnight or for at least 4 hours (you do not need to cook the tart any further).
- Sprinkle with cinnamon when ready to serve.

Notes

The milk tart will last in the fridge for 3-4 days before cutting and serving. You can make it well in advance. Just cover with plastic and once ready to serve dust with cinnamon.

Nutrition Information

Serving size: 1 of 12 Calories: 340 Fat: 12.2g Saturated fat: 7.1g Unsaturated fat: 0 Trans fat: 0
Carbohydrates: 51.8g Sugar: 30.2g Sodium: 225mg Fiber: 1.1g Protein: 8.1g Cholesterol: 92mg

Recipe by Baking for Friends at <https://www.bakingforfriends.com/south-african-milk-tart/>