Portuguese Tarts



Ingredients list

- o 125ml Milk
- o 50ml water
- 15g plain flour
- 125g caster sugar
- o 3 eggs
- Cinnamon stick (can be used with cinnamon powder that the school can provide)
- o 1x Lemon

Puff pastry from Fridge from previous lesson

Equipment list

- Green chopping board
- Sharp Knife
- SMALL Saucepan 1 between 2 people
- Small plastic bowl
- Large glass bowl
- Hand whisk
- Measuring Jug
- Muffin Tin

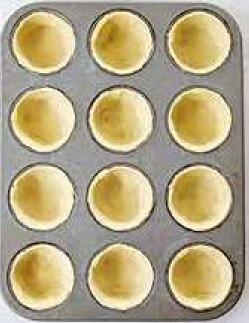
Method

Preheat your ovens at 240°C / gas mark 9

- Cut large slices of lemon zest away from the lemon (Make them large as you don't want piece left in after boiling)
- 2. Put together water, sugar, cinnamon stick and lemon zest into a saucepan. Share a saucepan with your partner and place double of everything into it (this saves on washing up and gives you a deeper liquid in your pan)
- 3. Boil ON A LOW HEAT for 6-8 minutes until you get a syrup DO NOT stir AT ALL. If you stir you will get sugar crystals and not a clear syrup! Watch for it burning!!!
- 4. Whilst your syrup is boiling, cut your rolled puff pastry into 6 small pieces.
- 5. Grease your tins (Base and sides) completely so the pastry doesn't stick!
- 6. Using your thumb, push down into the centre of the pastry to make a dip. Then push the pastry up the sides to completely cover the sides.







Method

- 7. Separate the egg yolks from the egg whites.
- 8. In one bowl mix the egg yolk, flour and milk
- 9. In partners, Slowly add the syrup and mix at the same time. Do not stop adding or mixing until all is combined.
- 10. Pour your mixture into a jug. Pour mixture into your pastry cases until % full (Do not overfill as the mixture expands in the oven!)
- 11. Bake for 10-12 minutes at 240°C. The tarts should have brown patches on the surface.







