

Portuguese Tarts



Ingredients list

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

1. 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 $\frac{3}{4}$ 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.

