

Melktert

Melktert, or milk tart in Afrikaans, is a favourite South African dessert, consisting of a pie filled with a milky custard and sprinkled with cinnamon.

Per serving: 403kcal, 4:1 ratio, 6.2g protein, 3.9g carbs

Ingredients

Crust:

45.0 g Almond flour (Nature's Choice)
10.0 g Butter, Springbok unsalted (Clover)

Filling:

10.0 g Egg, raw, white
7.0 g Egg, raw, yolk
15.0 g Sweetener
55.0 g Cream, whipping, 37%
3.0 g Cornflour
Pinch Salt
5.0 g Butter, Springbok unsalted (Clover)
0.5 g Vanilla extract (WW)
0.5 g Cinnamon, ground

Directions

For the crust:

1. Heat oven to 220°C. Melt the butter and mix the ingredients up in the pan and pat into place with your fingertips.
2. Bake for about 10 minutes until the crust is beginning to brown. After 8 minutes, check every minute or so, because once it starts to brown it goes quickly.

For the filling:

1. Preheat oven to 180°C.
2. Heat the cream in a small pot(do not boil).
3. Beat the yolks and sweetener until creamy and light then add the cornflour and salt - the mixture will be quite thick.
4. Add some warm cream to the egg mixture and then return all of it to the pot.
5. Bring to the boil and whisk constantly until thickened.
6. Remove from the heat and whisk in the butter and vanilla.
7. Whisk the egg whites in a clean bowl until soft peaks form and fold into the custard.
8. Pour into the pastry case and sprinkle with cinnamon.
9. Bake for ±10 minutes.