



COOKSISTER

Waar's 'it lekker? Find out with Farzana Kumandan



PEPPERMINT CRISP MILK TART

Ingredients for Base

- 150g plain flour
- 75g unsalted butter
- 50g icing sugar
- 1 egg yolk, beaten
- 50g Peppermint Crisp, chilled

Method

Place the flour, unsalted butter, icing sugar and the peppermint crisp chocolate in a food processor and blend in short burst until it resembles breadcrumbs.

Tip into a bowl, add the beaten egg yolk and mix to form a dough.

If the dough looks too dry, add 1 tbsp water. Shape the dough into a ball, flatten it out into a disc, wrap it in cling film and chill for at least 30 minutes before using.

Pre-heat oven to 200°C.

Remove the dough from the fridge and roll out evenly on a floured surface.

Grease a flan pan with butter (or use Spray and Cook) and dust lightly with flour.

Gently place the rolled-out dough into the pan and neatly shape into the corners.

Use a fork to poke holes in the base of the base.

Cover and place in the fridge for 30 minutes.

Once rested, remove from the fridge and place greaseproof paper in the tart shell and cover with baking beans (or uncooked rice).

Bake for 10 minutes, remove greaseproof paper and baking beans and bake for a further 5 minutes or until golden brown.

Turn off oven and leave the base in the oven for 10-15 minutes, then remove and place on wire rack to cool.

Meanwhile make the filling.

Ingredients for Filling

- 500ml fresh milk
- 28g butter
- 20g flour
- 25g corn-starch
- 100g white sugar
- 2 large eggs
- 1 tsp vanilla essence

Method

Place a saucepan over medium heat and add the milk and butter and bring to a boil. Remove from the heat.

In a bowl, mix the flour, corn-starch, sugar and vanilla essence and whisk in eggs until smooth.

Gently whisk the mixture into the saucepan making sure there are no lumps.

Return the saucepan to the stove and stir constantly until it starts to bubble.

Cook for about 5-6 minutes. Pass through a strainer to get a smooth texture.

INGREDIENTS FOR TOPPING

- 50g Peppermint Crisp, chilled
- 1 tsp ground cinnamon (or more if preferred)

METHOD TO ASSEMBLE

Pour the warm custard into the baked pastry shell ensuring that it spreads evenly.

Allow to set and cool completely.

In a bowl, add finely grate the Peppermint Crisp and mix with the ground cinnamon and then sprinkle over the top of the tart.

Use a stencil to make it look even more fabulous!

IS JY TARTY?

Variations of the lekker melktert



HELLO Everyone!

Happy March! Before we head into the new month, let's end February off on a sweet note.

On Sunday, 27 February, we celebrated National Milk Tart Day.

There's nothing better than a slice of good old milk tart.

It is the one dessert that will make its way to any tea table and it definitely makes the list of South Africa's favourite traditional desserts.

Be it round, square or rectangle, this creamy dessert has a layer of pastry filled with a warm, custard filling and has hints of vanilla and cinnamon, that's baked to perfection.

Every aunty has their own way of making it and every recipe comes with a story to tell, that most times has been passed on through generations.

My favourite time to enjoy a milk tart is after a *gadai*. There's always that one aunty that brings this wobbly tray filled with *melktert* love.

Melktert was introduced to the Cape in the 1600s by the Dutch settlers but in recent years this dessert has become increasingly popular, and it therefore comes as no surprise that there are countless recipes and variations of South Africa's most loved *tert*.

Recently I came across milk tart milkshake, ice-cream, fudge and even spring rolls.



RECIPE CREDIT FARZANA KUMANDAN @SPRINKLESANDSPICECT

SA'S FAVOURITE: The milk tart

Give it a go and create some magic in your kitchen.

For more recipes and cooking inspiration, visit my website www.sprinklesandspice.co.za or visit my social media platforms @sprinklesandspicect or Sprinkles and Spice by Farzana Kumandan.

Happy Baking Love, Your Cooksister.



LYK LEKKER!: Stuffed eclairs

MICROWAVE MILK TART

Ingredients

- 500ml milk
- 2 eggs
- ½ cup sugar
- 25ml flour
- 30ml maizena
- 30ml custard
- 1 tsp vanilla
- Tbsp butter
- Cinnamon for sprinkling

Method

Boil milk in microwave.

In a separate bowl use an eggbeater to combine the eggs and the sugar.

Add flour, maizena, custard and milk and mix.

Microwave for 2 minutes then beat again.

Microwave for another 2 minutes. Mixture will look set.

Stir in the butter and vanilla essence.

Pour into a prepared pie dish and sprinkle with cinnamon.

Once cooled, refrigerate overnight.

CLASSIC CAPE MALAY MILK TART

Ingredients for the base

- 250g soft butter (not melted)
- 125g sifted icing sugar
- 2 eggs
- 2 heaped cups flour

Method for the base

Cream the eggs, soft butter and sifted icing sugar until smooth.

Fold in the flour and mix with a wooden spoon until it forms a

soft dough.

If the dough is too sticky, the butter was too soft, add an extra ½ cup flour.

Press into a large black oven tray, ensuring you form a crust over the sides.

Pop in the freezer for 20 minutes.

Ingredients for the milk custard

- 8 large eggs (you can

use 7 if you prefer it less firm)

- 2 tbsp custard powder
- A pinch of salt
- 2 tbsp vanilla essence
- 1 tsp fine cardamom
- 1 Tin Condensed Milk
- ¼ cups cold milk
- 1 cup cold water
- 3 tbsp soft butter (cut in 12 small pieces)
- Fine Cinnamon for dusting

Method for the milk

custard

In a mixer whisk the eggs, custard, salt, vanilla essence and condensed milk until smooth.

Add in the milk and water and whisk until well combined.

Lastly add the pieces of butter and cardamom.

Pour over the chilled base and dust with cinnamon.

Do not pre-heat the



oven. Bake at 180°C for 50 minutes on the lower part of the oven.

Once the custard starts to expand and bubble, it's done.

MILK TART STUFFED ECLAIRS

Recipe Credit Chef Imtiyaz Hart, Capsicum Culinary

Ingredients for the Milk Tart

- 400ml full cream milk
- 1 stick cinnamon
- 3 tbsp butter
- 5ml vanilla essence
- 50ml corn flour
- 2 extra-large egg yolks (reserve the whites)
- 80ml sugar
- 1 tsp cinnamon
- 2 tbsp brown sugar

Method

In a saucepan place 300ml of the milk along with the cinnamon stick and the butter and heat until bubbles start forming.

Remove from heat and leave to stand for 10 minutes before removing the cinnamon stick - this allows the mixture to retain that cinnamon flavour.

Add the vanilla essence. In a separate bowl, whisk together the egg yolks and

remaining milk.

Add the cornflour and beat, making sure there are no lumps.

Add a little of the warm milk to the corn flour mixture then add to the heated milk in the saucepan.

Cook on medium heat until thick, whisking continuously so that no lumps form.

Remove from the heat and add the sugar.

Place clingwrap over the milk tart mixture (making sure it is in contact with the surface so that a skin does not form) and leave to cool.

Beat the egg whites with ¼ cup sugar - you want soft white peaks - and set aside.

Ingredients for the Eclairs

- ¼ cup water
- ¼ cup milk
- ½ cup self-raising flour
- 4 tbsp butter
- 2 eggs

Method

Pre-heat oven to 220°C.

Heat the water, milk and butter until it boils.

Add the flour and mix for about 4min on medium heat.

Use an electric hand mixer and mix on medium speed for 1 min - adding one egg at a time and continue to mix until full combined.

Add mixture to a piping bag and pipe small circles onto a pre-greased tray lined with baking paper.

Bake for 10min then lower oven heat to 155°C and bake for a further 20min or until golden.

Remove, place on wire rack and allow to cool.

To assemble: Spoon the milk tart mixture into a piping bag and fill the choux buns.

Top with the meringue and give it a quick toast with a blowtorch.

Sprinkle with ground cinnamon and enjoy!

MALVA PUDDING MILK TART

Recipe Credit @aniseeds

Ingredients for the Malva

- 250ml (1cup) sugar
- 1 egg
- 15ml soft butter (1 tbsp)
- 60ml apricot jam (4 tbsp)
- 250ml milk (1 cup)
- 10ml (2 tsp) vinegar
- 10ml vanilla essence (2 tsp)
- 125g cake flour (1 cup)
- 5ml bicarbonate of soda (1 tsp)

Ingredients for the malva sauce

- 125ml fresh cream
- 30g butter
- 4 tbsp sugar
- 30ml water

Method for the Malva

Preheat oven to 180°C. Beat sugar, egg, butter and jam until fluffy.

Combine milk, vanilla and vinegar.

Sift flour and bicarb and add to egg mixture alternately with the milk.

Pour into a greased oven-

proof dish (30x20cm).

Cover with foil and bake for 40 - 50 minutes. Check at 40 minutes.

Prepare sauce by adding all ingredients to a pot bringing to a boil.

Remove cake from the oven and pour sauce over the top evenly. Set aside.

Ingredients for the Milk Tart Filling

- 4½ cups milk
- ¾ cup sugar
- 3 eggs
- 2½ tbsp flour
- 2½ tbsp Maizena

Method

Heat milk and remove from heat. Do not boil.

Whisk egg and sugar together.

Pour one ladle of milk into the egg and mix.

Pour the egg mix into the milk in one slow steady stream whilst whisking well.

Add back onto heat and



add in maizena. Whisk. Add in flour and whisk. Allow to thicken well.

Remove from heat and add in one teaspoon vanilla essence and one teaspoon butter.

Mix well. Pour over the malva layer and dust with cinnamon.

Cover with plastic and refrigerate till set.

Enjoy it cold or wait till it reaches room temperature.