




Miemie's Saffron Milk tart Brûlée

A yummy recipe in case *mother-in-law* comes for a visit, or if you just want to be *fancy* for your friends.








Brûlée Crust

Use any shortcrust (store bought if you don't have time to make it yourself). I used a recipe from 'Food Nouveau' and it makes 4-6 Tuna tin sized crusts.

-  **Preparation time** +/- 2 hours
-  **Baking time** 20-25 minutes
-  **Portions** 1 Large Tart shell, 4 medium shells, en 6-8 muffin pan size shells.

Ingredients

-  ½ cup baking margarine
-  1 ½ cups cake flour
-  ¼ teaspoon salt
-  1 large egg
-  2 tablespoon ice water

Method


1. Cut margarine into small pieces and freeze for 20 minutes. Take out of the freezer and let it sit while mixing flour and salt.
2. Preheat the oven to 180 °C.
3. Mix flour and salt in a separate bowl and add cold margarine to the flour mixture.
4. Work the cold margarine into the flour with your fingers until it resembles a bread crumb texture.
5. Add the egg and mix until just combined.
6. Add the ice water a tablespoon at a time. Mix until a dough ball forms (don't over mix!)
7. Turn the dough out onto a lightly floured surface and roll out the dough if you want to bake immediately, or store in the fridge for a later use.
8. Form the dough in your tart rings/tuna cans and place it in the fridge to cool for +/- 10 minutes.
9. Cut off the sides from the tart rings and blind bake the tart shells for 15 minutes at 180 °C. (see notes on blind baking with rice weights.)
10. Take the rice weights out after blind baking, and bake for a further 8-10 minutes until the dough is light brown. Take them out of the oven and let them cool completely before adding the filling.


Blind bake: Line the tart dough with baking paper and add dry rice until filled to the top.
Now bake for 15 min so the dough does not rise.

Brûlée Filling










Adapted from my grandma's recipes

 **Preparation time** +/- 30 minutes

 **Cooling time** +/- 3 Hours (to overnight)

 **Portions** 1 Large tart filling, 4 medium fillings, and 6-8 muffin pan size fillings.

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|  2 cups milk |  2 large eggs |
|  4 tablespoons sugar |  1 tablespoon margarine |
|  1 ½ tablespoons maizena |  Lemon zest from 1 lemon |
|  1 ½ tablespoons custard powder |  ⅛ tsp - ¼ tsp Saffron Depending on how strong you prefer the flavour. (<i>Crushed with a mortar and pestle - leave a few whole</i>) |
|  ¼ teaspoon salt | |

Metode

1. Mix all the dry ingredients together in a mixing bowl (Sugar, Maizena, Custard powder, Salt & Lemon zest) except the saffron.
2. Whisk the eggs in a separate bowl, then add it to the dry ingredients - Mix until combined.
3. Boil the milk in a pot on the stove (Don't let it burn, but allow it to make bubbles in order to react with the maizena)
4. Now add the saffron to the boiling milk and simmer for 1 min.
5. Add the egg and milk mixture to the pot after the milk has boiled for 1 min. (see note on how to add the egg mixture.)
6. When the egg and milk mixture is added, whisk on medium heat until filling is thickened.
7. Now add the tablespoon margarine and whisk again until it reaches a thick, smooth texture.
8. As soon as the filling is thickened, use a spoon to carefully fill each tart shell and let cool in the fridge for 3 hours
9. When the filling is set, sprinkle 1 tablespoon of castor sugar on each tart and use a kitchen torch to brûlée the sugar.
The sugar should be golden brown. (see note for the brûlée.)
10. Serve immediately with pretty garnishing.

Egg mixture note: Temper the milk by adding a small amount of milk to the egg mixture and mix before adding to the milk to prevent curdling.

Brûlée: Use a kitchen torch and lightly caramalise the sugar on top of the milk tart - keep caramalising until the top is brown, but not burn. It will harden in a minute, then serve immediately.