

# Milk Tart

4 Tbsp (60 g) butter  
½ cup (125 ml) sugar  
2 cups (2 × 250 ml) cake flour  
2 tsp baking powder  
Pinch salt  
1 litre full-cream milk  
2–3 cinnamon sticks  
3 eggs  
1 cup (250 ml) sugar  
2½ Tbsp cake flour  
2½ tsp Maizena (cornflour)  
Salt to taste  
4 Tbsp (60 g) butter  
1 tsp vanilla extract  
Ground cinnamon, for dusting

Makes 1 tart

1. To make the base, cream together the butter and sugar. Add the flour, baking powder and salt and beat until a stiff dough forms. Press the dough into a round pie dish (± 20 cm). Bake in a preheated oven at 160°C until golden brown. Set aside to cool.
2. To make the filling, place the milk in a saucepan. Add the cinnamon sticks and heat to boiling point.
3. In a bowl, beat the eggs well. Add the sugar, flour, Maizena and a pinch of salt and beat until combined.
4. Pour the egg and flour mixture into the warmed milk. Stir through and cook on medium heat, stirring occasionally, until the mixture thickens.
5. Add the butter and vanilla extract and mix through.
6. Pour the filling into the cooled base. Dust with ground cinnamon. Place in the fridge for at least 4 hours, or overnight, before serving.

