



MARULA MILK TART

Elizabeth Ramekoa, Gauteng

PASTRY

- 1 Sift the flour, baking powder and salt together into a mixing bowl, and add the sugar.
- 2 Rub in the butter or margarine using your fingertips until the mixture resembles coarse breadcrumbs.
- 3 Add the beaten egg and bring the dough together. Press the dough into a greased 23cm round pie pan. Refrigerate until needed.

FILLING

- 4 Place the milk, Amarula Cream, butter or margarine, and cinnamon stick in a pot and bring to a simmer.
- 5 Combine the flour, salt, egg yolks and sugar together in a separate bowl and mix well. Reserve the egg whites to use later.
- 6 Remove the cinnamon stick from the warmed milk mixture and slowly pour the heated milk over the egg mixture, whisking together.
- 7 Pour the mixture back into the pot and simmer for 4–5 minutes until thick, stirring continuously to form a custard.
- 8 Remove from the heat and stir in the vanilla essence, then cover the custard with plastic wrap to prevent a skin from forming. Allow to cool in the fridge for 15 minutes.
- 9 Preheat the oven to 170°C.
- 10 In a separate, spotlessly clean bowl, whisk the egg whites until soft peak stage (tripled in size, but still soft). Gently fold the egg-white mixture into the cooled custard and pour into the prepared pastry base.
- 11 Bake for 25–30 minutes, until light brown and the centre is just set.
- 12 Allow to cool and sift a thin layer of ground cinnamon over the top of the tart.

TO SERVE

- 14 Serve sliced, topped with a little whipped cream, some fresh berries and edible flowers if desired.

SERVES 6–8

SPECIAL EQUIPMENT

23cm pie pan

PASTRY

1 cup (250ml) cake flour
1 tsp (5ml) baking powder
1 tsp (5ml) salt
¼ cup (60ml) castor sugar
115g butter or margarine, cubed
1 large egg, beaten

FILLING

1½ cups (375ml) milk
½ cup (125ml) Amarula Cream
75g butter or margarine
1 cinnamon stick
¼ cup (60ml) cake flour
¼ tsp (1.25ml) salt
3 large eggs, separated
¼ cup (60ml) white sugar
1 tsp (5ml) vanilla essence
1–2 tsp (5–10ml) ground cinnamon, for sprinkling

TO SERVE

whipped cream
fresh berries
edible flowers

INFO BITE

Originally created by the Dutch settlers in the Cape, milk tart (or melktart) has been adopted by every South African culture to the point that it has now become the definitive local tea-time treat. This iconic tart is so beloved that South Africans even celebrate National Milk Tart Day on 27 February.