



Chinese Egg Tarts

NIBBLEDISH CONTRIBUTOR

Ingredients

EGG CUSTARD FILLING:

- 400g **milk** (3.3 cups/825mL)
- 350g **eggs** (7 medium eggs/6 large eggs)
- 275g **sugar** (1.5 cups/375mL) [i used less, around 1 cup]

- 1 pinch of **salt** (1/8 teaspoon)

TART CRUST:

- 220g **flour** (1.2 cups/300mL)
- 80g powdered **sugar** (150mL) [i left this out]

- 150g **butter**, softened and cubed (2/3 cups)
- 50g **eggs** (1 egg)
- 2g **salt** (1/2 teaspoon)

Instructions

EGG CUSTARD FILLING:

1. Pour all custard ingredients into a large pot and set over the **LOWEST** heat (temperature should not exceed 50°C).
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2. Using a whisk, stir the egg custard in **ONE** direction (avoid making air bubbles) until the sugar has dissolved .
 3. Sieve the custard through a strainer to get rid of any unwanted parts of the eggs . Let cool and set aside.
 4. Skim off any foam or solid particles once the custard has cooled. The mixture should be silky yellow.

TART CRUST:

1. Sift the flour and powdered sugar into a mixing bowl.
2. Add in the butter, egg, and salt. Use a hand mixer and mix on the lowest speed (beware of flour cloud), or just mix by hand .
3. Once the dough comes together, on a floured surface, roll it out into a log and cut into 20 pieces.
4. Roll the dough into a ball and slightly flatten it on your palm.
5. Place the dough into your muffin well (or tart mold) and use your thumb to press and shape the walls.

EGG TART:

1. Pour the custard into the tart shells (80% full).
 2. Bake at 180°C (350°F) for 20 minutes .
 3. To tell if they're done, shake your muffin pan and the egg custard should be firm and jiggly like jello.
 4. Cool for 30 minutes and gently lift them out with a butter knife.
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