



# 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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