

More than 1 hour
(plus cooling time)

Serves 8

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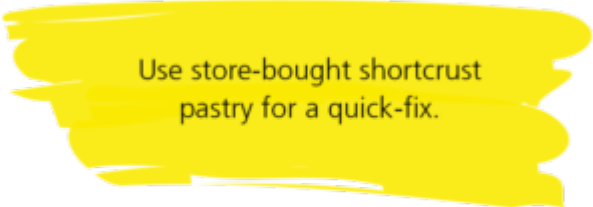
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Ingredients:



Use store-bought shortcrust
pastry for a quick-fix.

Shortcrust pastry:

- 2½ cups (375g) sifted cake flour
- Pinch salt
- 250g ice-cold butter cubes
- 2 large egg yolks
- 1 tsp (5ml) lemon juice

Filling:

- 2 cups (750ml) milk
- 1 quill cinnamon
- 3cm strip orange peel (optional)
- 5 eggs, separated
- 1¼ cups (250g) castor sugar + extra ¼ cup (60ml) for topping, flavour it with ground cinnamon, if you like
- ⅓ cup (40g) cornflour
- ¼ cup (60ml) flour
- 3 Tbsp (45ml) butter
- 2 tsp (10ml) vanilla essence

Method

COOK'S NOTE

Don't have a blow torch? Chill baked tart in the freezer for 20-30 minutes. Dust with castor sugar after removing from the freezer and place directly under your oven grill set on high. Once removed, allow the brûlée topping to set for 15 minutes.

1. Preheat oven to 190°C.
2. For pastry, combine cake flour and a pinch of salt in a food processor.
3. Add butter and blitz into a breadcrumb texture.
4. Add egg yolks and lemon juice while blending.
5. Mix just until a ball of dough forms.
6. Remove and shape into a flat disc, cover with clingfilm and refrigerate for 10-20 minutes until firm.
7. Roll pastry out to fit a 23cm tart tin and blind bake for 15 minutes.
8. Reduce the oven to 180°C
9. For filling, heat milk, cinnamon and orange peel together until steaming.
10. Combine egg yolks and $\frac{3}{4}$ cup (150g) sugar in a bowl.
11. Mix flours with a little water to make a slurry, then add to the bowl.
12. Temper egg mixture by adding a thin stream of hot milk while whisking.
13. Transfer mixture to the pot and boil while whisking for 3 minutes.
14. Remove from heat, add butter and vanilla essence, and mix.
15. Leave custard to cool down at room temperature.
16. Whisk 4 egg whites to stiff peaks, then add $\frac{1}{2}$ cup (100g) sugar.
17. Fold through cooled custard, and pour into blind-baked tart case.
18. Bake for 20-23 minutes, until slightly set and not wobbly. Cool completely.
19. Scatter with castor sugar and brûlée using a kitchen blow torch
20. Serve immediately.