More than 1 hour (plus cooling time)
Serves 8
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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
- $1\frac{1}{4}$ cups (250g) castor sugar + extra $\frac{1}{4}$ cup (60ml) for topping, flavour it with ground cinnamon, if you like
- ⅓ cup (40g) cornflour
- 1/4 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 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 brûleé using a kitchen blow torch
- 20. Serve immediately.