Desserts / Portugal

Pastel de nata



Flaky pastry cases of custard baked in extreme heat until the surface blisters black.

Time 55 min **Servings** 12

What you'll need.

- [ ] 400 g Puff pastry
- [ ] 250 ml Milk
- [ ] 250 ml Double cream
- [ ] 200 g Sugar
- [ ] 100 ml Water
- [ ] 40 g Plain flour
- [ ] 6 piece Egg yolks
- [ ] 1 piece Cinnamon stick
- [ ] 1 piece Lemon peel

Let's make it.

01 Boil the sugar and water to 100 °C and take it off. Separately bring the milk, cream, cinnamon and lemon peel to just below boiling.

02 Whisk the flour into a little cold milk until smooth and stir it into the hot mixture. Cook, stirring, to the thickness of soured cream.

03 Pour the hot syrup into the milk base in a thin stream, take it off the heat and stir in the yolks. Strain it and cool completely.

04 Roll the pastry into a tight log, cut two-centimetre discs and press each into a tin with your thumbs, taking the walls above the rim.

05 Heat the oven as high as it goes, at least 250 °C. Fill the cases three-quarters full and bake twelve to fifteen minutes, until the tops blister black.

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