



Mini milk tarts...

*"this is really easy
so please try them"*



Ingredients:

1 pack filo pastry sheets
125ml melted margarine / butter
750 ml low fat milk
1 cinnamon stick
3 egg yolks
50ml cornflour (maizena)
30 ml flour
100ml castor sugar
ground cinnamon for dusting

For the Mini Milk tarts...

Slowly heat the milk with the cinnamon stick until just before boiling.
Mix together the egg yolks, cornflour, flour and sugar to form a runny paste.
Mix the paste with some of the hot milk.
Remove the cinnamon stick and whisk the paste into the milk.
Simmer for 10 minutes stirring continuously...
Pour the hot thick custard into the tart shells.
Sprinkle with cinnamon and leave to cool...

For the filo pockets:

FILLO is easy to work with, just follow the rules
Defrost overnight in your fridge.
Roll out the filo and immediately cover with a DAMP kitchen towel or thin cloth.
Lift up one side of the damp cloth and cut through all the sheets with a scissor at once, a strip of 10 cm wide. Cover the rest of the pastry with the cloth.
Cut the long strip of sheets into blocks of 10 cm by 10 cm. Melt the butter.
Take one block, dip a brush into the melted butter and brush lightly over the block, continue with 3 blocks. I stack them unevenly on top of each other
Pick the 3 blocks up and push into a muffin tin...
Repeat with 24
Let it cool and cover in a tupperware container until needed, this can be done one day in advance

Recipe card from the kitchen of



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