

# Portuguese Custard Tarts - pastéis de nata.

Makes 24 (in nata tins) or 16-18 (in a standard cupcake/ muffin pan)



## Shopping and equipment list

### Shopping List

Plain Flour

- Total amount: 215g
- Divide flour: 175g for the pastry and 40g plain flour for the custard filling

Fine sea salt

Caster white sugar 200g

Unsalted high fat butter 130g - 82% or above ( President is ok)

Divide butter: two 65g portions and one 15g

Whole milk 390

Eggs (6 large)

1 cinnamon stick

1 lemon

### Equipment:

1 or 2 standard cupcake/muffin pans (1 is plenty but 2 is ideal) or Nata tins (24 standard size) make sure your tins are straight sided and not fluted

Small offset spatula

Serrated bread knife

Whisk

1 standard size baking sheet pan (or 2 if using *nata* tins) • Fine mesh sieve

Rubber spatula

Large bowl

Small bowl

Large heavy bottom saucepan or dutch oven

Bench scraper

Metal or wood ruler

Rolling pin  
Cooling wrack  
Digital thermometer (optional)  
Plastic wrap or parchment paper

Kitchen requirements:

- Space in a freezer for a standard size baking sheet pan (we will be speed cooling our filling on a baking sheet pan using the freezer)

Before class prep:

Measure out all of the puff pastry ingredients

Have ready all of the cream filling ingredients.