

# Custard Tart



## Ingredients & Prep

235 g plain flour  
160 g butter unsalted cold for grating  
60 g icing sugar  
1 lemon zest only  
1 egg  
1 egg yolk only  
1 pinch Salt

### Filling

6 egg yolks only  
500 ml double cream  
75 g caster sugar  
sprinkle nutmeg

## Recipe By FoodieBook

**Ref:** 488

**Heading:** Puddings

**Cuisine:** British & Irish

**Food Type:** Vegetarian

**No of Portions:** 6

## Method

**Step 1** - Pre-heat oven to 170°C (pastry) down to 130°C for the pie.

**Step 2** - In a bowl add flour & zest, then grate butter in a 1/4 at a time mixing in as you go, when all the butter is in use your finger tips to rub together into a breadcrumb consistency.

**Step 3** - In another bowl beat the egg & egg yolk together, add the sugar & salt to the flour crumb mix then add the egg & form into a pastry dough, wrap in cling film & let it rest in the fridge for at least 1 hour.

**Step 4** - On a floured worktop roll out pastry to 2mm thick (£1 coin), for a 6 portion quantity use an 18 cm round loose bottom tart/flan tin greased with butter, line the tin with the pastry, cut off excess from around the edge.

**Step 5** - Place a piece of very well scrunched up piece of greaseproof paper in & up the sides then fill with dry rice into the tin & push the rice up around the sides to the top to hold while blind baking, place in the oven for 10 mins, then allow to cool.

**Step 6** - Make the filling, place cream in a saucepan & bring to the boil then remove from the heat, In a bowl add the yolk & sugar, whisk together, then pour the hot cream a bit at a time whisking all the time, when half the cream is in pour the rest of the cream in & whisk.

**Step 7** - Tip out rice from the pastry case & pour in filling, either grate fresh (best) nutmeg over the top or sprinkle from a jar.

**Step 8** - Bake in the oven at 130°C for 35 mins or until there is a light wobble when shaken.

## Suggestion & Tips

Best eaten fresh & slightly warm with cream. You can make in small individual tart tins if you wish.