

# Melissa's Custard Tarts

Lisbon's hills may have to wait, but its custard tarts do not! Melissa's traditional recipe will bring the flavors of Lisbon's tiny pastry shops into your home and onto your table. The hardest part about this recipe? Waiting for them to cool enough to bite into!

## Ingredients

- 280 grams (1 1/3 cup) white sugar
- 80 milliliters (1/3 cup) water
- 1 teaspoon vanilla extract
- 1 lemon peel, cut into strips
- 1 cinnamon stick
- 355 milliliters (1 1/2 cups) whole milk
- 43 grams (1/3 cup) all-purpose flour
- 1/4 teaspoon salt
- 6 large egg yolks
- One 250 gram (8.5 oz) sheet pre-rolled puff pastry
- Ground cinnamon and powdered sugar, for dusting on top (optional)

## Instructions

1. Preheat the oven to 290 degrees Celsius (550 degrees Fahrenheit). Lightly grease a 12-cup muffin tin.
2. Add the sugar, water, vanilla extract, lemon peel, and cinnamon stick to a saucepan. Bring to a boil and cook without stirring until a thermometer reads 100 degrees Celsius (220 degrees Fahrenheit).
3. In a separate pan, thoroughly whisk together the milk, flour and salt. Cook over medium heat for about 5 minutes, whisking constantly. When the mixture is well combined and the milk has thickened, remove from the heat and set aside to cool for 10 minutes.
4. Once the milk mixture has cooled, whisk in the egg yolks. Remove the cinnamon stick from the sugar syrup and pour that into the milk mixture as well. Mix until well combined, then strain into a measuring jug.
5. Cut the pastry sheet in half across the longer side. Stack the two pieces of dough on top of each other and roll tightly into a log from the short end. Cut the log into 12 evenly sized pieces.
6. Place one piece of pastry dough into each of the 12 cups of the muffin tin. Dip your thumb into cold water, then press down into the center of the dough and press outwards to form a small well. Repeat for all 12 cups. The top edge of the dough should extend just barely past the top of the muffin tin.

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Continued!

## Instructions

7. Fill each cup 3/4 of the way to the top with the custard filling.
8. Bake until the custard starts to caramelize and blister and the pastry crust turns golden brown, about 10–12 minutes.
9. Serve warm with powdered sugar and ground cinnamon sprinkled on top if desired.



Join Melissa to learn all about Portuguese cuisine and culture in her class, [Portugal in 10 Dishes](#). Take notes and start planning your next trip! Don't see the date you want? Also offered privately by request. Email us at [info@devourtours.com](mailto:info@devourtours.com)