**Pasteis de Nata (Portuguese custard tarts)**

**Ingredients**

For 6 tarts:

**For the pastry cases:**

60g filo pastry

25g unsalted butter

A little ground cinnamon

**For the filling:**

2 x egg yolks

120ml whole milk

15g plain flour

60ml sugar syrup (pre-made from 35g caster sugar dissolved into 35ml hot water and boiled for 5 minutes), or bought (Monin)

quarter tsp ground cinnamon

Few drops orange blossom water (optional)

Few drops vanilla essence

Zest of half a lemon or quarter of an orange

Extra cinnamon and icing sugar to dredge

**Method**

1. For the custard, weigh out the milk and pour into a pan. Add the flour. Heat the milk and flour mixture, whisking all the time until the mixture thickens. Take off the heat.
2. Now separate the eggs and place the yolks into a bowl (you can keep the whites for something else). Add to the yolks a few drops of vanilla essence or orange blossom water, the lemon zest and the sugar syrup, and whisk up
3. Whisk the yolk mixture into the **cooled** milk mixture, and then bring to the boil, whisking all the time. Once boiling, reduce to a simmer and simmer for two minutes, whisking all the time to stop the mixture burning or sticking.
4. Take the custard off the heat and leave to cool
5. For the pastry cases, cut the filo pastry into squares just larger than the muffin case holes and round off the corners.
6. Brush each square of filo with a little melted butter, layering up until you have four squares of filo with melted butter in between.
7. Press the stack of squares (4 sheets, buttered) into the muffin cases using your fingers. Sprinkle some cinnamon over the top
8. Cook the pastry shells at 160C for just eight minutes until they are lightly crisp and brown
9. Carefully spoon the custard mixture into the cooled pastry shells and cook for 9 minutes at 180C
10. Let the tartlets cool for 10 minutes before eating one, warm, sprinkled with cinnamon and a little icing sugar. Well done!!