



Baby Spice Quilt
The Good Hope Quilters' Guild Mystery Quilt 2023
THE SPICE ROUTE RECIPES

Aunty Ansie's Milk Tart

This milk tart has become an essential part of family birthdays. My aunt Ansie always arrives at a party with this tart in hand. And there is never a crumb left by the end of the party. Delicious comfort food, always made with love!

And here's the best news: it's a quick microwave tart, simple to make and it never disappoints. Enjoy!



Photo by Dawie van Niekerk ©

Ingredients

CRUST*

1 packet Tennis biscuits/coconut biscuits
125g melted butter

FILLING

1L box full-cream long-life milk
1 cinnamon quill
3 Tbsp corn flour
3 Tbsp cake flour
1 Cup sugar
3 eggs
15ml vanilla essence

Ground cinnamon for dusting

Method

1. Crush the biscuits into fine crumbs and mix well with the melted butter. Use the mixture to line a tart bowl with a compact thin crust. Place in the freezer to set.
2. Submerge the cinnamon quill in 3 cups of milk in a microwaveable bowl. Place in microwave and heat until it boils.
3. Meanwhile, combine the other cup of cold milk with the corn flour, cake flour, sugar, eggs and vanilla essence. Mix well to form a smooth mixture.
4. Remove the cinnamon quill from the boiled milk. Add the cold mixture to the boiled milk and stir well. Heat in microwave, stirring frequently, until the mixture starts to bubble.
5. Pour the filling onto the crust, dust with ground cinnamon and allow to cool before placing the tart in the fridge to cool and set.
6. Enjoy warm or cold.

*If you are in a hurry, instead of making the crust, you can place the whole biscuits in the tart bowl and pour the filling over.



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