

MICROWAVE MILK TART



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Baie lekker en vinnige mikrogolf resep. Hier kan die maizena vermeerder of verminder word. Ek het gevind dit hang af van die vlapoeier wat gebruik word. Ek gebruik Bird's en dan verminder ek my maizena na 75 ml.

Crust

35 ml butter

15 ml sugar

1 egg

5 ml baking powder

50 ml flour

Mix the butter and sugar together. Add the egg.

Sift the flour and baking powder together and fold it into the egg mixture.

Butter the base of a large dish or 2 small round dishes (about 8")

Spread the mixture evenly on the base and place in a 175 °C oven for about 10 to 12 min until golden brown on top.

Filling 1

600 ml water

300 ml milk

1 tin condensed milk

15 ml butter

Microwave the milk mixture in a big bowl for 10 min on high

Filling 2

75 ml custard powder

100 ml Maizena

5 ml vanilla

4 egg yolks (save the whites and whisk them till stiff)

125 ml milk

Mix all the ingredients for Filling 2 together.

Once filling 1 is ready remove from the microwave and add some of the hot liquid to the custard mixture. Mix carefully and pour it back into the milk mixture.

Return everything the mixture to the microwave and cook on high for 5 min stirring at the half way point.

When ready mix half of the egg whites that have been whisked into the custard mixture. Fold the second half in carefully.

Pour onto ready crust. Sprinkle cinnamon over and leave to cool.

The way I do it is:

I have all my things ready

My milk mixture (filling 1) is ready and waiting in the microwave....not on yet.

I make my crust mixture and put that into the oven, and then I put the microwave on for 10 min.

During that time I get filling 2 ready.

By the time I have added filling 2 and that 5 min has passed in the microwave my crust is ready and out of the oven. This whole process should not take more than 15 to 20 min.

Resep maak 2 sulke ronde terte

Resep geplaas deur Wilanda Räsänen

Foto: Wilanda Räsänen