

## Portuguese Custard Tartlets

Author: From Marie, The English Kitchen blog

Carolyn T's  
Main Cookbook

Servings: 6



**9 ounces puff pastry sheet, thawed (half of a Pepperidge Farms box)**  
**4 large egg yolks**  
**1 cup heavy cream**  
**1/2 cup caster sugar**  
**1 TBS cornstarch**  
**the finely grated zest of 1 lemon**  
**a pinch of salt**

***Blog: Carolyn T's Blog:***  
***<http://tastingspoons.com>***

*Per Serving (excluding unknown items): 432 Calories; 29g Fat (60.9% calories from fat); 6g Protein; 37g Carbohydrate; 1g Dietary Fiber; 196mg Cholesterol; 189mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 6 1/2 Fat.*

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1. Defrost puff pastry overnight in the refrigerator.
2. Preheat the oven to 260°C/500°F. Open up the puff pastry to a flat piece, then roll it into as tight a coil as you can, starting from the short side. (Place the other half in plastic wrap and refrigerate for another use - or make 12 of these.) Cut the coil into 1 1/2 inch wide strips (6 pieces). Put the pieces, cut sides down, into six muffin cups. Wet your fingers with a bit of cold water and press the pastry over the bottoms and up the sides to make a thin shell. It's ok if they extend a bit beyond the rim. Put into the freezer to chill while you make the custard.
3. Whisk the egg yolks, cream, sugar, cornstarch, lemon zest and salt together in a medium saucepan. Place over medium high heat and cook, whisking constantly until the custard begins to thicken. This will take about 6 1/2 minutes. It will look quite thin until you have been whisking for about six minutes and then in the last 30 seconds will thicken just enough, like magic! It should be as thick as lemon curd. You don't need to boil it.
4. Remove your muffin tin from the freezer and divide the custard equally among the prepared tartlet shells. (If you are using a 12 cup muffin tin, fill the empty cups half full of water so they don't burn, trust me)
5. Bake until the tops are slightly browned, about 15 minutes. Remove from the oven and let cool in the pan on a wire rack for about 5 minutes. Run a sharp knife around them and loosen them so that you can remove them from the pan and finish cooling them on a wire rack (about 30 minutes).