

SOUTH AFRICAN MILK TART

Lisa-Jo Baker, September 2017

For the Crust

- 1/2 cup butter, softened
- 1 cup granulated sugar
- 1 egg
- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 pinch salt

For the Filling

- 4 cups milk
- 1 tsp pure vanilla extract
- 1 tbsp butter
- 2 1/2 tbsp flour
- 2 1/2 tbsp cornstarch
- 1/2 cup granulated sugar
- 2 eggs, beaten
- 1/2 tsp ground cinnamon

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. In a medium bowl, cream together 1/2 cup butter and 1 cup sugar to make the crust. Add 1 egg and beat until mixture is smooth.
3. In a separate bowl, mix together 2 cups flour, 2 teaspoons baking powder, and pinch of salt.
4. Stir flour mixture into sugar mixture until ingredients are thoroughly combined.
5. Press crust mixture into bottom and sides of two 9-inch pie pans.
6. Bake crusts in preheated oven for 10-15 minutes, or until crusts are golden brown.
7. In the meantime, combine milk, vanilla extract, and 1 tablespoon butter in a large saucepan. Bring mixture to a boil over medium-high heat, then remove from burner.
8. In a separate bowl, mix together 2 1/2 tablespoons flour, cornstarch, and 1/2 cup sugar.
9. Add beaten eggs to sugar mixture and whisk until smooth. Slowly whisk sugar mixture into milk.
10. Return the pan to the heat and bring mixture to a boil, stirring constantly. Boil and stir filling for 5 minutes.
11. Divide filling between two pie shells. Sprinkle each with cinnamon to finish.
12. Place pie pans in fridge to let set overnight.