



## Milk Tart

This is a recipe for traditional South African “melktert,” which translated just means milk tart - it is delicious and served at absolutely all social functions and Sunday afternoon teas in South Africa.

### Ingredients

For the crust:

- ½ cup butter, softened
- 1 cup white sugar
- 1 egg
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 pinch salt

For the filling:

- 4 cups milk
- 1 teaspoon vanilla extract
- 1 tablespoon butter or margarine
- 2 ½ tablespoons all-purpose flour
- 2 ½ tablespoons cornstarch
- ½ cup white sugar
- 2 eggs, beaten
- ½ teaspoon ground cinnamon

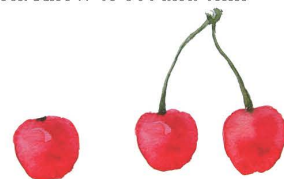


### Directions

Preheat oven to 350 degrees F (175 degrees C). In a medium mixing bowl, cream together ½ cup butter or margarine and 1 cup sugar. Add 1 egg and beat until mixture is smooth. In a separate bowl, mix together 2 cups flour, 2 teaspoons baking powder and a pinch of salt. Stir flour mixture into sugar mixture just until ingredients are thoroughly combined. Press mixture into bottom and sides of two 9-inch pie pans. Bake in preheated oven for 10 to 15 minutes or until golden brown.

In a large saucepan, combine milk, vanilla extract, and 1 tablespoon butter or margarine. Bring to a boil over medium heat, and then remove from burner. In a separate bowl, mix together 2 ½ tablespoons flour, 2 ½ tablespoons cornstarch and ½ cup sugar. Add beaten eggs to sugar mixture and whisk until smooth. Slowly whisk mixture into milk. Return pan to heat and bring to a boil, stirring constantly. Boil and stir for 5 full minutes. Pour half the mixture into each pastry shell. Sprinkle with cinnamon. Allow to set and chill in the fridge.

Makes 16 servings (2 pies).



Enjoy this recipe - a taste of South Africa from Lisa-Jo Baker's new book, *Surprised by Motherhood: Everything I Never Expected About Being a Mom.*

Connect with Lisa-Jo at [www.lisajobaker.com](http://www.lisajobaker.com)