

Lift-off in lockdown

SOUTH AFRICA

NO-BAKE MILK TART



INGREDIENTS:

- 1 packet digestive biscuits
- 150g butter, melted
- 700ml full cream milk
- 1 tin condensed milk
- 2 tsp vanilla extract
- 2 eggs, separated
- 50g cornstarch
- 50ml water
- pinch of salt
- Cinnamon to decorate

INSTRUCTIONS:

1. Break the digestive biscuits into fine crumbs by hand or by using a food processor & mix in the melted butter until well combined.
2. Line the base & sides of your tin with the biscuit crumbs & press to compact. Place in the fridge or freezer to set while you make the filling.
3. In a medium-sized pot, heat the milk, condensed milk & vanilla over a medium heat until boiling point (make sure you stir until the condensed milk is dissolved).
4. While that is heating up, separate the eggs & whisk the egg whites to soft peak in a bowl. Set aside.
5. In another bowl whisk the egg yolks, cornstarch, water & salt. When the milk is at boiling point take it off the heat & allow it to cool for 3 minutes. Add the egg yolk mixture slowly while whisking vigorously all the time. Return the pot to a low heat & continue to whisk constantly until it thickens, about 5 minutes.
6. Add the egg whites to the milk mixture & whisk for about 2 more minutes until well combined.
7. Pour the filling into the lined pastry cases and allow to cool to room temperature before putting it in the fridge to set completely.
8. Sprinkle with cinnamon & ENJOY!

