

PORTUGUESE CUSTARD TARTS



FOOD SERVICE



A classic bite-sized custard tart which is perennially popular. Perfect to accompany a strong coffee in the morning.

Flavour can be varied by infusing the milk and cream mixture with lemon zest, orange zest or cinnamon.

Customer Services Phone 0800 800 617

www.chelsea.co.nz/foodservice

PORTUGUESE CUSTARD TARTS



MAKES 12

INGREDIENTS

		Approx Unit Price	Approx Ingredient Cost
125g	Chelsea Caster Sugar	0.00136	\$0.17
30g	corn flour	0.00278	\$0.08
225ml	cream	0.00400	\$0.90
175ml	milk	0.00155	\$0.27
3	egg yolks	0.21633	\$0.65
2.5ml	pure vanilla extract (=1/2 tsp.)	0.07446	\$0.19
300g	ready-rolled puff pastry	0.00436	\$1.31
	plain flour and icing and icing sugar for dusting		

METHOD

Cut pastry into circles using a 10cm pastry cutter.

Lightly grease a 12-hole (or 2 * 6 hole) muffin tin.

Press a pastry disc into each muffin hole, ensuring it is pressed gently into all the corners. Prick the base of each with a fork, and set pastry aside in chiller to rest for 1 hour or until required.

Preheat oven to 180°C.

Bring the milk, cream and vanilla extract to a simmer.

Whisk together the egg yolks, corn flour and caster sugar until pale and creamy looking.

Stream in the heated milk mixture and whisk until smooth. Return to the saucepan and cook over a medium heat until the custard comes to the boil and thickens.

Remove from the heat and allow to cool for 10 minutes - cover the surface of the custard with cling film to prevent it forming a skin.

Divide the custard mixture between the pastry shells and bake in the oven for 18-20 minutes, or until the custard is golden-brown and has set and the pastry is crisp and browned. Allow to cool slightly in the tins before transferring to a cooling rack.

Once cool, dust the surface of the custard tarts with icing sugar, and use a chef's blowtorch to lightly caramelize the tops.

TOTAL COST	\$3.57
COST PER PORTION	\$0.30
GROSS PROFIT %	70%
SALES TAX	15%

MIN. SELLING PRICE (per portion)	\$1.14
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Costs based on average wholesale prices at February 2012

SOME KEY POINTS TO REMEMBER:

VARIATIONS

- Change the flavour by varying the biscuit – try gingersnaps with chopped crystallised ginger
- Use a combination of dark and white chocolate
- Change the nuts – try hazelnuts, brazil nuts, pistachios etc. or change the fruits (apricots, dried cranberries, dried figs etc.)

PROFIT

- Each tart costs around \$0.30 to make. Sell for at least \$1.15 to achieve 70% GP

NUTRITION

- Contains eggs, dairy and gluten (wheat)

SERVICE

- Serve at room temperature and display prominently on the counter top near the till with a light dusting of icing sugar
- Does not need any garnish or accompaniment
- Promote as a morning tea or afternoon tea indulgence with coffee
- Good for grab and go take away.
- Keep in an airtight container to store. Keeps for 2 days