



Recipe Pastel de Nata



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Puff Pastry



Ingredients

- 75-150ml (2.53 fl oz) water
- 250 g (0.55 lbs) all-purpose flour
- 200 g (8.8 oz) plain salted butter (with at least 82% fat content)

Notes

- For the dough folding: 3 turns is the norm but you can do more if you like.
- Dimensions for the folding of the dough: a rectangle of 45 cm / 17.7 inches long by 15 cm / 5.9 inches wide



Directions

- Sprinkle the butter cubes over the flour and then rub butter into the flour until it is well incorporated, but not to the extent that it resembles bread crumbs. It should be roughly incorporated so that the butter is in flakes and little balls.
- Add a little water to the mixture a little at a time and blend it in by hand until a ball of dough is formed that does not stick to the bowl (depending on the flour used, a little more water than the quantity set out in the ingredients description may be required).
- Form the dough into a rectangular shape, wrap it in cling wrap and rest it in the fridge for 30 minutes or longer.
- Dust the work bench lightly with flour.
- Roll out the rectangle of flour lengthwise until it measures 45 cm (18 inches) by 15 cm (6 inches). I recommend that you use a tape measure or ruler.
- Brush off any excess flour and fold 15 cm (6 inches) of the dough back towards yourself and then fold the remaining 15 cm over the top so that the piece of dough will be 15 cm square.
- Flatten the parcel a little by hand and then turn it 90 degrees (a quarter turn).
- Again roll the parcel out (if necessary, dusting with flour) until the parcel is 45 cm (17.7 inches) by 15 cm. (in the process it may be necessary to push in the sides of the strip of dough so as to maintain the 15 cm width).
- Again, brush off any excess flour, fold 1/3 of the dough back towards yourself and fold the remaining 1/3 over the top to form a 15 cm square.
- Again flatten the parcel a little, lightly dust with flour and turn it 90 degrees, ensuring that the direction of the turn is the same as before, and roll out to a 45 cm by 15cm rectangle.
- Fold as before into a parcel one last time.
- The pastry should then be rested in the fridge for 15 minutes and is then ready to be rolled out into any desired shape.



Custard Cream

Ingredients

≥ 27 Natas

Sugar 300g
water 150ml lemon zest 2 strips
cinnamon 4 sticks
egg yolks 8
cornflour 80g
milk 500ml
ground cinnamon to serve



Directions

1. Use flour to dust the work surface. Roll the pastry out to make a 45 x 30cm rectangle. Roll up lengthways to create a long sausage shape.
2. Cut the pastry into 24 wheels, about 1-2cm thick.
3. Apply the little rolls inside the tins with the spiral facing up. Use your thumbs to spread the dough inside until it reach the limits.
4. Press the pastry into the tins and mould into the tins to make thin cases. Chill until needed.
5. Heat the oven to 260C°/500F. Make a sugar syrup by bringing the sugar, 150ml water, lemon zest and cinnamon stick to the boil. Reduce until syrupy, then remove the cinnamon and lemon. Separate 8 egg yolks from the whites, until there's none of the white on the yolk Whisk the yolks.
6. On another pan heat the 500ml of milk (medium heat). Separately combine 2 heaped tablespoons of cornstarch with a bit of milk to mixed together until its well dissolved. Add now the mixture of cornstarch on the heated milk and keep stirring until you have a creamy consistency. Sugar syrup to the cream you just create and whisk until is well combined. Egg yolks its to be added at last minute but first you need to temper them with a bit of the hot mixture and incorporate slowly back at the cream. Keep stirring until everything is smooth. Leave it to cool at room temperature before adding on the pastry. Custard is done!
7. Pour the custard through a sieve. Pour into the pastry cases and bake for 10-12 minutes until the pastry is golden and the custard has darkened.
8. Cool completely in the tins then sift over icing sugar and ground cinnamon to serve.

