

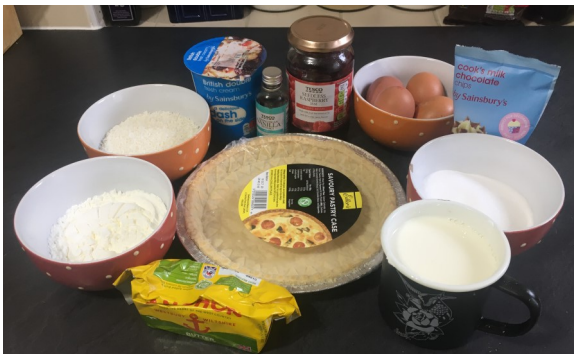
NUTRITION: Lazza's Kitchen

Coconut Custard Tart

**Lazza is still trying out new recipes
Today - his first Custard Tart (never made custard before)**

According to Wikipedia.

“Medieval recipes generally included a shortcrust and puff pastry case filled with a mixture of cream, milk, or broth with eggs, sweeteners such as sugar or honey, and sometimes spices. Recipes existed as early as the fourteenth century that would still be recognisable as custard tarts today.”



- Pastry Case (of course you can make pastry)
- Four egg yolks
- 1/4 cup of cornflour
- 1/2 cup of caster sugar
- 1 cup of full fat milk
- 1 cup double cream
- Desiccated coconut (I also used choc to decorate)
- Raspberry Jam
- Vanilla Essence
- Small knob of butter

- Put the egg yolks, the sugar and the cornflour into a bowl.
- Carefully whisk them together (I found the cornflour wants to cover every surface otherwise)
- Add the milk and whisk that till smooth
- Add the cream and whisk.
- Heat up in saucepan, whisking away, until it thickens nicely and is hot.
- Take off heat: Add around 2 large teaspoons of vanilla essence (but have a taste to see how you like it), and also a knob of butter and whisk them all in.
- You can add some of the coconut into the custard mixture (or even some lemon?)
- Spread the jam over the base of the pastry case. Pour in the custard and spread it around evenly.
- Wait to cool, then decorate with the rest of the coconut, and I also added some chocolate pieces.
- Put into the fridge to cool properly and then enjoy lavishly!!!



**As I am every week, I was
stunned at just how tasty this
was, and how easy.**

**Always loved custard tarts,
and this was fab!!!**

**During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
This was the first time I had ever cooked a Custard Tart.**