

MILK TART STUFFED CHOUX BUNS

(Chef Imtiyaz Hart - Cape Town campus, Capsicum Culinary Studio)

Ingredients for the Milk tart

- * 400 ml full cream milk
- * 1 stick cinnamon
- * 3 Tbsp butter
- * 5ml vanilla essence
- * 50ml corn flour
- * 2 extra-large egg yolks (reserve the whites)
- * 80ml sugar
- * 1 Tbsp cinnamon
- * 2 Tbsp brown sugar

Method

In a saucepan place 300ml of the milk along with the cinnamon stick and the butter and heat until bubbles start forming. Remove from heat and leave to stand for 10 minutes before removing the cinnamon stick – this allows the mixture to retain that cinnamon flavour. Add the vanilla essence. In a separate bowl, whisk together the egg yolks and remaining milk. Add the corn flour and beat, making sure there are no lumps. Add a little of the warm milk to the corn flour mixture then add to the heated milk in the saucepan. Cook on medium heat until thick, whisking continuously so that no lumps form. Remove from the heat and add the sugar. Place cling wrap over the surface of the milk tart mixture (making sure it is in contact with the surface so that a skin does not form) and leave to cool. Separately, beat the egg whites with $\frac{1}{4}$ cup sugar – you want soft white peaks – and set aside.

Ingredients for the choux buns

- * $\frac{1}{4}$ cup water
- * $\frac{1}{4}$ cup milk
- * $\frac{1}{2}$ cup self-raising flour
- * 4 Tbsp butter
- * 2 eggs

Method

Pre-heat oven to 220°C. Heat the water, milk and butter until it boils. Add the flour and mix for about four minutes on medium heat. Use an electric hand mixer and mix on medium speed for one minute – adding one egg at a time and continue to mix until fully combined. Add mixture to a piping bag and pipe small circles onto a pre-greased tray lined with baking paper. Bake for 10 minutes then lower oven heat to 155°C and bake for a further 20 minutes or until golden. Remove, place on wire rack and allow to cool.

To assemble: Spoon the milk tart mixture into a piping bag and fill the choux buns. Top with the meringue and give it a quick toast with a blowtorch. Sprinkle with ground cinnamon and enjoy!

