

A Taste of Macao



MACAO GOVERNMENT TOURISM OFFICE
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Portuguese Tart Pastéis de Nata (serves 30)

INGREDIENTS

Dough:

- Cake flour 2kg (4-1/2 lbs)
- Salt 15 g (1/2 oz)
- Sugar 80g (3 oz)
- Water 4 cups

Butter Mix:

- Butter (unsalted) 1.5 kg (3-1/2 lbs)
- Cake Flour 200g (7 oz)

Filling:

- Egg yolk 18 pieces
- Sugar 300g (10-1/2 oz)
- Whipping cream 4 cups
- Milk 2 cups

DOUGH AND BUTTER MIX

1. To make the dough, mix the flour, salt, sugar and water in a mixer for a few seconds. Roll into the shape of a ball and store for 30 minutes in the fridge.
2. To make the Butter Mix, mix the unsalted butter with the flour and roll it flat into a square shape about half an inch thick.
3. Lay the Butter Mix on the top fold of the dough, roll out and treat like puff pastry (3,4,3 folding).
4. Roll out the whole dough into 1/8 inch thickness and roll it inwards like you would roll a rug. Cut this long cylinder into 1 foot long pieces. Place in the fridge for 30 minutes.
5. Cut the 1 foot long cylinders into discs of about half an inch thick, press the dough with your fingers and mould it into your egg tart mould, covering completely the insides of the mould.
6. Store in the fridge for 20 minutes.

EGG TART FILLING

1. In a large bowl, whisk the sugar and egg yolks together and then add the rest of the ingredients.
2. Pass the whole mix through a strainer and allow mix to sit for 20 minutes.
3. Pour filling into tart moulds and bake at 230 degrees for 20 minutes.
4. Sprinkle with some cinnamon powder (optional) about half an inch thick, press the dough with your fingers and mould it into your egg tart mould, covering completely the insides of the mould.
6. Store in the fridge for 20 minutes.

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